

# EDGE

June/July 2009

## THE SKIN DEEP ISSUE

### ALL IN

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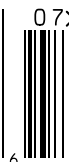
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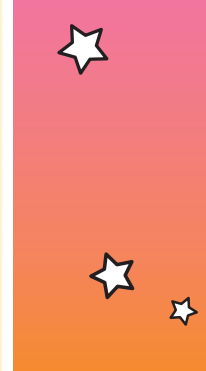
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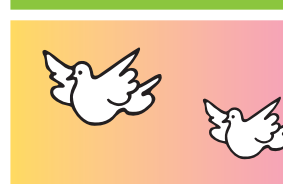
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# healthy EDGE

## The Skin Deep Issue

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## President's Message



At long last, Winter has faded and the warm weather is finally upon us. At the same time we heated up EDGE with a great selection of Summer features that will keep you engaged and entertained. Information in our "Skin Deep" articles will help you meet Summer head on, with tips on how to maintain healthy skin and keep safe from the sun's rays. Be sure not to miss the EDGE interview, which takes an in-depth

look at one of the world's most accomplished musicians: 28 year-old New Jersey native, violinist Sarah Chang.

Meanwhile, there's lots happening at Trinitas Regional Medical Center, including the establishment of a Bariatric Surgery program under the direction of Glenn Forrester, MD. Dr. Forrester and his partner, Ajay Goyal, MD, are safety leaders with a record of zero mortality in over 1,000 procedures. Now that they have joined Trinitas, we can offer our patients minimally invasive gastric band and gastric bypass procedures.

Stay well, and enjoy your Summer!

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President & CEO  
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# EDGE

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# IT'S A GIFT! \$0-\$500

by Christine Gibbs

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# EDGE

## restaurant

### A Toute Heure

*The eggs, scrambled with cream, cooked with patience over low, slow heat, are folded with strands of scallions and set, with a ripple of sharp parmesan, over toasts. They're an appetizer on this easygoing weeknight at A Toute Heure in Cranford—the mark of a sure-footed kitchen confident enough to start off a dinner with the most basic of ingredients.*

by Andrea Clurfeld

## A Toute Heure

232 Centennial Ave., Cranford  
908. 276. 6600 • [www.atouteheure.com](http://www.atouteheure.com)

A Toute Heure is open for dinner from 5 to 10 p.m. Tuesday through Saturday. The last Sunday of every month, brunch is served from 10:30 a.m. to 1:30 p.m. New at A Toute Heure is takeout lunch, offered from 11 a.m. to 1:30 p.m. Tuesday through Friday. It is a BYOB, and reservations are accepted only for parties of six or more. Menus are posted daily on the restaurant's Web site. Entrée prices typically range from \$21 to \$30.

A Toute Heure has several special events planned for the coming months, a summer wine dinner in June, a Bastille Day pastry class in July and a garden day in August. Check on the Web site for dates and details.



**A** Toute Heure, two years old this month, is the domain of chef-owner Andrea Carbine, who set up shop in this homey corner building with the idea of creating an American version of a bistro. That is to say, she and chef de cuisine Kara Decker fashion a daily-changing menu of regionally sourced foods prepared without fuss or frills, like those simple, yet perfect eggs. They serve it all without pretense in a warm, wood-accented room that defines cozy. They cater to a local clientele, most of whom drop in, toting bottles of wine, for whatever is on tap that night—be it a silky house-made liver pate, or pork-and-veal meatballs strewn with caramelized onions and served with curry-charged ketchup, or a pile of hushpuppies given a shot of energizing heat by pickled jalapenos.

Those locals know to gird themselves for weekend nights, when the no-reservation policy (save for parties of six or more) can make for long waits on the deck. Yet there's a camaraderie on that deck—some sharing of wines, some reminiscences of A Toute Heure dinners past – that makes it a pleasantly communal experience: Do you think there'll be enough chocolate pot pie to go around tonight? Have you tried a red Rhone blend with the brined chicken?



Inside, the big-ticket decoration in the low-lit dining room is a double-wide blackboard chalked full with names of the farmers, cheesemakers and other purveyors who provide the ingredients that fuel A Toute Heure's kitchen. Starting about now, with rhubarb and peas and berries, crops from Carbine's own garden in Cranford will take hold of the menu and, come high summer, just about take it over. It's micro-seasonal, deliberately so, and yet there's a soul to the food here that gives it year-round continuity and comforting familiarity.

It's about, after all, those eggs, that fundamental liver pate and, perhaps, a puff pastry tart filled with an earthy chop of long-cooked wild mushrooms, onions and a film of fontina that unites the starter. You also can kick things off by nibbling on a short selection of small bites, such as the spirited meatballs or, my favorite, cippolino onions densely glazed with balsamic vinegar and sprinkled with sharp, yet creamy blue cheese. It's a terrific combination and it makes you think about what you can do at home with a little vinegar, onions and a few flecks of cheese.

I'm still thinking about what I can do with my next catch of mussels, thanks to A Toute Heure's humble-goes-haute rendition swathing Prince Edward Island mussels in a velvety saffron cream sauce, then boosting the spice quotient with crumbles of chorizo. The skinny Belgian-style fries on the side, served with a petite pot of garlicky aioli, makes it better than a trip to Brussels.

Halibut poached in olive oil and plated with parmesan-stoked mashed potatoes, sautéed spinach and a splay of preserved lemon advances A Toute Heure's simple-is-right theme. So do the seared New Jersey sea scallops. Their crackling crusts yield to super-sweet meat and, quickly, find smart plate mates in a tart-crunchy apple-fennel salad and a cider vinegar-infused beurre blanc.

The pot pie is the I-want-whatever-that-is dish at A Toute Heure. It won't matter to you what's inside when you see

it come out of the kitchen. You're going to jones for that beehive of a puff pastry top covering a pottery crock and won't much care if it's concealing beef or chicken or just vegetables. On this night, it's buttery braised beef and a passel of root vegetables cloaked in a red wine-enriched gravy that demands a soup spoon.

Yet it always comes down to a roasted chicken in a bistro, and if a bistro can't do a roasted chicken right, it's got no business calling itself a bistro. This brined, bone-in bird is high on interior juice, with a drizzle of garlic-licked oil moistening the crisped skin. I'd gobble it down, straight, any old night of the week, even without the aid of the accompanying toasty fingerling potatoes and plump stew of portobellos.

I'd also gobble down a bowl of the vanilla-spiked whipped cream in record eating-contest time, though I'd be foolish to miss the lemon verbena bread pudding it tops. What a great idea, I think to myself, as I hog this dessert. A gentle, lyrical herb giving style and substance to the chunks of bread and swirl of custard that make up a typical bread pudding. You don't need hard smacks of accenting flavor, just a subtle touch of something provocative. Save the punches for the chocolate pot pie, which is - happily - all about over-the-top ganache cut by slivers of pear and a balancing squirt of rum. The apple-toffee cake is the choice for a super-sweet tooth, built on a foundation of winesap apples and capped by creamy toffee. Get it with one of A Toute Heure's homemade ice creams - say, the sweet cream or the ricotta with candied citrus.

Once cosseted inside A Toute Heure, you'll get what it's about: comforting, yet not clichéd, food prepared with technical precision, respect for the seasons and resolutely in tune with stewards of the land and sea. It's food you'll want to eat any day, any time. **EDGE**

**Andrea Clurfeld** is a former editor of *Zagat New Jersey*.

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# All In

*Atlantic City's hottest hotels are sparing no expense when it comes to pampering their guests. The newest battleground for business is skincare—and the big winner may be you.*

by Steve Sears

Sea Spa  
at the Chelsea Hotel

Immersion  
at the Water Club

bluemercury  
at the Tropicana

Qua Baths & Spa  
at Caesar's

There is certainly something to be said about the soothing effects of being near the ocean. The air is cleaner. Breathing comes easier. Blood pressure, elevated by a hectic workweek, eases downward. For some, rejuvenation comes with a winning hand of Texas Hold 'Em. For others, the jackpot is waiting at one of AC's world-class spas, where skincare regimens play a major role in relieving the outward signs of stress—and the hotels leave little to chance.

"We're the newest spa in Atlantic City," says Jane Mackie of the Chelsea Hotel's **Sea Spa**. "The décor is retro—close to nature. There's an opportunity to do natural and healthy treatments here."

Sea Spa offers a variety of facial and body treatments—everything from nurturing and strengthening delicate skin to nourishing and calming rough skin by *deep-cleansing* to a silky-soft texture. Sea Spa's signature treatment is a full-body Mediterranean Veggie Wrap, which makes you feel good on the outside *and* actually nourishes you on the inside. Extracts found in a typical Mediterranean garden are blended to smooth, tone, and elasticize the skin.

At the other end of the island, off White Horse Pike, is the 36,000-square foot **Immersion** (left), perched atop the awe-inspiring Water Club. Brennan Evans is the Spa Director of this harmonious space where soothing water features and Asian-inspired elements blend to provide an atmosphere of total tranquility.

"Being close to the shore, it's all about beautiful skin," claims Evans. "We have skincare services that include the use of hyperbaric oxygen as an infusion method for

transporting serums into the skin to help reduce fine lines and smooth pigmentation. This allows for immediate results with no down-time for recovery. Ayurvedic skincare treatments can be customized to your personal *dosha* through a simple questionnaire and mini-consult with our estheticians." Immersion also features stimulating body exfoliating and moisturizing sessions that take advantage of modern technologies such as heated *hamman/vichy* tables and cocooning dry-float, soft-pack tables.

**bluemercury** (below), founded ten years ago by Marla Malcolm Beck, is located in the Quarter at the Tropicana. The spa draws many clients who make special trips from New York, Philadelphia, and D.C. looking for results-oriented treatments and products. Products such as Kiehl's Shaving Cream, Bumble & Bumble Seaweed Shampoo, and Dermalogica Active Moist Moisturizer are best-sellers. "And given that we have the beach in Atlantic City," says Beck, "sunscreens are always popular."

bluemercury recently added a new brightening facial to its menu. "An intense, vitamin C firming treatment," Beck explains, "this facial is amazing because you come out feeling like someone just tightened your skin. I also adore



our luxury body treatments, which are almost two hours of pure pampering and massage. Our ‘Coconut Escape’ is our most popular.”

bluemercury also unveiled its first *Ultimate Skincare Guide*. “What we try to do,” says Beck, “is make sense of the world of skincare products, which can be quite confusing. There are informative sections about what certain ingredients, like vitamin C and vitamin A, really do.” The guide is available to all visitors and also online at bluemercury.com.

The 16,000-square-foot **Qua Baths & Spa**, located on the fourth floor of the Ocean Tower at Caesar’s, impresses the moment you enter its doors. As Robert Seibel explains, “We attack your senses immediately. Our concept is to have you leave all your problems outside.”

Qua Baths & Spa features Organic Spa Therapies with a focus on eliminating toxins. The body itself does not produce most toxins, notes Seibel. Rather, they tend to come from poor habits such as an unhealthy diet, smoking, and excessive drinking—all of which destroy new cell

growth. Ocean Spray Organic Treatments, including the Body Renewal & Detoxification Therapy, Organic Firming Massage, and Organic Facial, utilize key ingredients in sea salts and seaweed, which rank among the purest form of therapeutic organic substances.

Seibel also shares with clients his concerns regarding certain skincare products. “Many facial products may smell nice, but many people, whether they know it or not, may be allergic to them.” He recommends the Spa’s Organic Facial, noting that it works for those with sensitive skin and folks wanting “something different.”

Every day you leave the house, you’re rolling the dice when it comes to the health of your skin. So how ironic is it that the one place you can’t lose is the gambling capital of the East? Just another reason to adore New Jersey. **EDGE**

**Editor’s Note:** For more information call Sea Spa (800) 548-3030; Immersion (800) 800-8817; bluemercury (609) 347-7778 and Qua Baths & Spa (609) 343-2400.

## Ask the Experts

**What is the greatest misconception your spa guests have about skincare?**

**JANE MACKIE OF SEA SPA:** “Many people believe that good skin is solely controlled by what people put on their skin, and that chemically based products will be able to miraculously repair and maintain their skin tone. At Sea Spa, we believe that proper diet and natural skin products are best. For example, The Mediterranean diet is acknowledged to be the healthiest in the world. With one of our signature treatments, we’ve taken what’s good for you on the inside and applied it to the outside. Actual extracts from a fresh Mediterranean garden are blended to smooth, tone and strengthen the skin.”

**Isn’t everyone’s skin basically the same?**

**BRENNAN EVANS OF IMMERSION:** “No. Nor is it true that the same product will work for anyone’s skin. Many

customers often want the most “aggressive” skincare experience, when in reality there are many people with specific needs and targeted areas that require a more customized and focused approach. That is why it’s important to be working with licensed and skilled estheticians who can properly analyze and develop a regimen for each individual’s unique skin care needs.”

**True or false—if you are dark-skinned, you don’t need an SPF?**

**MARLA MALCOM BECK OF bluemercury SPA:** “False! Everyone needs an SPF. The sun is stronger than ever, and incidences of deadly skin issues are up. At the very least, everyone should wear an SPF 15.”

# Smooth Move

*While the skincare industry touts its latest, greatest miracle-working scientific formulations, actual science increasingly links healthy skin to what you put **IN** your body, not **ON** it.*

by Alan Richman

**S**kin is the largest organ of the body. It's the only one that is instantly visible. And it is vulnerable to all sorts of attacks, including dryness, excess oil, wrinkles, sunburn, acne, dermatitis, rosacea, eczema, psoriasis, seborrhea, and various forms of cancer. Millions of consumers shell out billions of dollars on topical skincare products each year in an effort to improve the look and feel of their skin. All the while, they may be missing a more obvious, cheaper, and better way to reach their goal. Food.

In their book *Beauty Basics for Teens*, Dianne York-Goldman and Mitchel P. Goldman, M.D., urge a balanced diet that includes carbohydrates, protein, nutrients and fiber, but is low in saturated fats and empty calories. They also advise drinking at least eight 8-ounce glasses of water each day for proper hydration.

The goal is to eat foods rich in vitamins, minerals, antioxidants, and healthy fats. Melody L. Meyer of Albert's Organics, a California-based natural products distributor, suggests leafy green vegetables for iron and calcium, sweet juicy fruits (especially at breakfast), a variety of whole grains, and easy-to-digest proteins like legume soups, paneer (cheese made from boiling milk,

adding lemon and straining solids), and lassi (diluted yogurt and spice drinks).

Carotenoids, which are found in red and orange fruits as well as in yellow and dark green vegetables, are recommended by Sharrann Simmons of Cognis Nutrition & Health, an Illinois-based food technology company. She says that carotenoid lutein has been shown to protect skin against UV-damage, improve skin hydration, encourage elasticity and enhance beneficial lipid levels.



For its “Beauty from Within” campaign, DSM Functional Food Marketing of New Jersey also enlists carotenoids, as well as antioxidant vitamins C and E, green tea extracts, omega-3 fatty acids (which can be found in fish and flaxseed), and polyphenols (derived from olives).

Consumers seem to be getting the message. A recent study by the Mintel Group, a market research firm, notes that 2008 saw the debut of more than twice as many new beauty foods and beverage products as there were in 2007.

Dermatologist and author Nicholas Perricone urges a diet loaded with these essential proteins: fish, poultry and, occasionally, lean beef, pork or ham. He also suggests consumption of soy foods like tofu and tempeh, egg whites, low-fat cottage cheese, low-fat milk, and yogurt. For carbs, he favors squash, spinach, onions, green beans, asparagus, cabbage, cauliflower, eggplant, collard greens, escarole, green peppers, strawberries, raspberries, apples, blackberries, blueberries, cantaloupe, honeydew, and kiwi. Recommended fats include oils derived from olives, walnuts, safflower, soybeans, rapeseed (canola), and sunflowers, as well as nut butters and avocado.

Perricone also is high on the following ten “Superfoods”:

**Açai** (pronounced ah-sigh-ee), a high-energy berry that grows in the Amazon

The **allium** family of foods, including garlic, onions, leeks, scallions, shallots, and chives, all of which are rich in flavonoids.

**Barley**, which is not only low on the Glycemic Index, but high in both soluble and insoluble fiber.

**Green foods**, which are derived from cereal grasses and blue-green algae.

**Buckwheat**, also low on the glycemic scale, and which may be substituted for less healthful grains like rice, wheat, and corn.

**Beans and lentils**, an alternative to fattier meat proteins.

**Hot peppers**, which are high in heart-healthy, anti-inflammatory compounds.

**Nuts and seeds**, which are a source of good fats.

**Sprouts** for their enzyme content.

**Yogurt and kefir**, fermented dairy products that add digestion-aiding probiotics to the diet.

J.T. Ryan is a licensed physical therapist and owner of Healing Touch in Howell. The company makes and markets handmade natural bodycare products. She emphasizes the need for trace minerals and electrolytes, which she calls “a key to cellular regeneration.” For example, Ryan says, a deficiency in copper will lead to scar formation during the skin’s 40-day cycle period. Foods rich in copper include most nuts (especially Brazils and cashews), seeds (especially poppy and sunflower), chickpeas, liver and oysters.

Are there foods that should be shunned if your goal is shiny, smooth skin? Most definitely. This is particularly true if you are worried about acne. Naturopath Alan C. Logan, who teamed with dermatologist Valori Treloar on the 2007 book *The Clear Skin Diet*, cautions against the foods most popular with American teenagers—pizza, hamburgers, cookies, crackers, fried potatoes, salty snacks and sweetened beverages. Even milk consumption is “strongly associated with acne,” the authors claim.



In place of these no-no's, Logan argues for a diet that focuses on the omega-3 fatty acid eicosapentaenoic acid (EPA), found in fish like mackerel, sardines and salmon, tomato extract with the carotenoid lycopene, marine fish that are rich in collagen, and a high-flavanol cocoa extract.

Logan explains that inflammation is at the core of acne, and that oxidative stress, a byproduct of the standard American diet, "fans the flames of inflammation." Fish oil, he says, especially EPA, blocks the production of the inflammatory chemicals. This also is why antioxidant fruits and vegetables are so important.

Does this mean you have to toss away all your lotions, creams and ointments? Of course not. They definitely serve a purpose. But keep in mind that if you really want a smooth, healthy complexion, a good nutritional foundation is where you should start. **EDGE**

**Editor's Note:** New Jersey-based freelance writer Alan Richman is the former editor of *Whole Foods Magazine*.

## Beyond the Newton

Would you believe eating figs might be one of the best things you can do for your skin? The California Fig Advisory Board cites research documenting more than 804 distinctive activities for the species *Ficus carica* L-Moraceae.



Throughout Asia, health advocates credit the amino acid tyrosine in figs for its ability to clear the complexion and improve hair growth and appearance. On its Web site [www.calfreshfigs.com](http://www.calfreshfigs.com), the California Fresh Fig Growers Association notes that psoralens, a chemical found in figs, has been used for thousands of years to treat skin pigmentation diseases.

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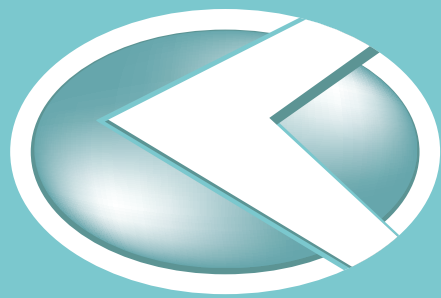
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# Made in the Shade

*Clean living. Prudent diet. Sunscreen savvy.  
All vital to healthy skin. And all easier said than done.*

by Lisa Milbrand





People spend billions of dollars a year on products that promise to make their skin firmer, fresher and younger. But doctors who focus on caring for the skin insist that the body's largest organ needs more than over-the-counter potions to maintain its health and radiance—and to do what it was designed to do.

“Skin is the protector of our body and the first line of defense,” says Dr. Kamran Khazaei, head of Nouvelle Confidence, the Center for Cosmetic Laser & Rejuvenation. “The first thing that’s affected when you come in contact with pollutants, bacteria and other toxins is the skin—that’s why you have to continually do maintenance on the skin, to allow it to work its best.”

*“The worst enemy of the skin is the sun.”*

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Everything we eat, breathe, and do affects our skin, and the results aren't always pretty—especially when people neglect the basics of skin health. Here's how to ensure you protect the skin that protects you.

## SKIN RAVAGERS

While genetics can play a role in how easily you burn or scar, whether you freckle and how soon you show signs of aging, experts say that lifestyle choices have the biggest impact on your skin's health. Smoking, eating an unhealthy diet, exposure to pollutants and even a lack of sleep and exercise can cause premature aging and other skin problems. "Smoking and a poor diet absolutely damage the skin," says Dr. Khazaei. "Any type of toxin in the body affects the whole body, including the skin."

But when it comes down to it, sun exposure continues to have the most punishing effects on a person's skin. "The

worst enemy of the skin is the sun," says Dr. Khazaei. "Everyone thinks they look healthier by tanning themselves under the sun, but that's the worst thing to do for skin health."

It's hard to avoid news reports on the dangers of sun exposure, but surprisingly it hasn't had a huge effect on people's behavior. Recent CDC studies have shown that 40 percent of adults don't use sunscreen, and 70 percent of those who use sunscreen don't bother to reapply when it's recommended. It's the ultraviolet radiation that causes most of the trouble—particularly UVA rays.

"UV radiation is a known carcinogen, and is associated with both an increased risk of skin cancer and an increase in skin aging," says Dr. Joseph Alkon, a plastic and reconstructive surgeon at Trinitas Regional Medical Center, who specializes in treating skin cancers.

## A CLEAN SLATE

*Cuts, surgeries and burns can all leave their mark on your skin.*

*But innovative treatments can help minimize scarring and smooth out imperfections.*



In some situations, lasers—in conjunction with medications—can help minimize imperfections. "The laser can flatten elevated scars, but the response depends on each patient and their genetic makeup," Dr. Khazaei says. "For a flat scar, lasers are not as effective."

For larger areas, skin grafts can smooth out the skin. Doctors have several options for building a new area of skin—they can "culture," or grow new skin, or take a thin sheet of skin from somewhere else on a person's body, like the buttocks or the thighs. "When a patient's own skin is used, the piece of skin that is taken is thin and leaves behind enough layers of the skin to allow the donor site to heal," Dr. Alkon says.

Surgeons can also make use of skin from a cadaver. "Just as some people donate various organs, skin is also a donated tissue, which can be used from everything from burn injuries to abdominal wounds or breast reconstruction," Dr. Alkon says. "Unlike solid-organ transplants, such as a kidney or liver, donated skin has been treated in such a way that immune-suppression medications are not required."



## SLIP, SLAP, SLOP

According to Dr. Barry Levinson, Medical Director of the Trinitas Comprehensive Cancer Center, reducing the risk of skin cancer begins with three basic steps: Slip on a shirt, slap on a hat and slop on some sunscreen. “These measures can significantly reduce your risk of skin cancers,” he says.

If you or a loved one *does* notice a worrisome spot on the skin, Dr. Levinson adds, get it checked out by a physician familiar with examining skin abnormalities. Early detection is crucial.

“Melanoma is the least common skin cancer,” he says, “but also potentially the most dangerous. When this disease is discovered early, it is usually very amenable to cure. However, if it is discovered in a more advanced stage, then the outcomes can be devastating and even deadly. Treatments for this disease can be very tough to tolerate.”

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Unfortunately, many people have taken their desire for darker skin straight to a more dangerous spot—the tanning bed—where UVA rays are three times more potent than in natural sunlight. “There has been a rise in the number of people using tanning salons, including teens and younger patients,” says Dr. Alkon. “More than one million people use tanning salons on a typical day in this country—70 percent of whom are females in their late teens to late 20s.”

Tanning bed use, he adds, may put you at even more risk of cancer and other damage.

#### SAVING YOUR HIDE

You may think you’re a lost cause after decades of sunscreen-free sunning at the shore, but there’s still plenty to be done to improve the health—and look—of your skin. Dr. Khazaei uses laser and microdermabrasion treatments to help combat the signs of skin damage.

“Laser treatments help regenerate collagen formation to


rejuvenate the skin, and can be used to treat freckles and age spots,” he says. “Microdermabrasion removes dead skin cells that are produced by the sun, exposing the younger, healthier skin beneath.”

Customized skin care products—like Dr. Khazaei’s own line—can help clear away dead cells and revitalize the skin beneath. But the best protection is prevention—and that means stopping smoking, getting more sleep, eating better, and most importantly, using sunscreen regularly.

“Even on a cloudy day, you need sunblock to protect the skin—the rays that cause the most damage can still pass through the clouds,” Dr. Khazaei warns. “If you take care of your skin, it naturally stays younger and lasts longer.” **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.

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# Pool Cues

*Photography by Sue Barr*

*Over the course of a lifetime, the average person is likely to spend more time shopping for the right bathing suit than shopping for the right home, the right financial advisor and the right spouse. Combined. Well, it's that time of year again...and **EDGE** has done a lot of the legwork for you. In these pages you'll find our picks for the best in summer swimwear, along with some accent pieces to keep you looking cool around the pool.*

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*Jewelry:*  
Michael Zeik/Leonardo Jewelers

## BLUE MONDAY

Juicy Couture Veneto plaid bow top/**NEIMAN MARCUS** • David Yurman silver bijoux necklace and mobile cable earrings with pave diamonds/**LEONARDO JEWELERS** • John Hardy Jaisalmer Dot Collection cuff/**LEONARDO JEWELERS**



## SWING SHIFT

Heavy crepe v-neck blue maillot by  
Michael Kors/ **SAKS FIFTH AVENUE** •  
Platinum ring with emerald-cut sapphire, David  
Yurman sculpted cable ring and cuff bracelet  
White gold necklace with diamonds and  
South Sea and Tahitian pearls/  
**LEONARDO JEWELERS** •  
Rolex Lady Datejust white  
gold Pearlmaster watch/  
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## MAID IN THE SHADE

Gold cuff bangle with 2.41 carats in diamonds, Yellow gold bamboo Bangle/

**LEONARDO JEWELERS •**

Yellow gold necklace with golden South Sea pearl and diamonds, White gold earrings with golden South Sea pearl and diamonds/

**LEONARDO JEWELERS •**

A/X Armani Exchange ivory bubble sunglasses/  
**LORD & TAYLOR**



## HEAD WATERS

One-shoulder teal, red and brown print swimsuit/**TIBI BOUTIQUE** • John Hardy Jaisalmer Dot Collection silver & gold pendant/**LEONARDO JEWELERS**. COVER: John Hardy Jaisalmer Dot Collection silver & gold pendant and gold Nuansa J hoop earrings/**LEONARDO JEWELERS**





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Milly botanical floral Marabella  
maillot with gold metal accents/  
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A woman with long dark hair and light eyes is the central figure. She wears a vibrant, multi-colored patterned top in shades of purple, orange, and white, and a matching headscarf with horizontal stripes in orange, white, and brown. She is adorned with a gold necklace, a gold ring, and gold earrings. Her right hand is raised towards her chest. The background is a lush field of purple flowers and green foliage, creating a soft, bokeh effect.

## FLOWER POWER

Sheer Kalani chiffon kaftan/  
TIBI BOUTIQUE • Antonini  
Collection necklace and  
ring in rose gold, Alex  
Sepkus Collection gold  
and diamond earrings/  
LEONARDO JEWELERS  
• Vera multicolor scarf/  
LORD & TAYLOR •  
Santorini halter and tie  
side hipster/TRINA  
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# Community Events

# EDGE

## interview

### Sarah Chang



As 20th Anniversaries go, Sarah Chang's is one of the more remarkable. She has been captivating audience since age 8, mastering some of the most challenging violin concertos with awe-inspiring passion and precision when her peers were still proud of how well they tied their shoes. Now 28, Chang's résumé is pages long when others her age are just getting their career-defining breaks. She has enchanted audiences from Carnegie Hall to the Kennedy Center to the great concert halls of Europe and Asia. She has shared the stage with fellow luminaries from Pinchas Zukerman to Yo-Yo Ma. Chang's CDs are best-sellers. She has even carried the Olympic torch.

EDGE sent **ZACK BURGESS** on assignment to profile Sarah Chang. His job was to peel away the layers that typically accompany international stardom and acclaim, and get to the heart of this transplanted Jersey Girl. Sarah made it easy. Her poised and stunning facade notwithstanding, she is still a kid at heart.

**EDGE:** Every parent of a talented daughter dreams that their child will have the life that you do. So let's get the obvious question out of the way. Do you ever yearn to be someone other than yourself, to slip out of your skin and into someone else's?

**SC:** Maybe for a day, but not any longer than that. I love my life. I have been traveling all over the world since I was a 10-year-old. I'm 28 and have seen and done things that are just unimaginable.

**EDGE:** When did you request your first violin?

**SC:** At four. My father played the violin and I wanted to be like him—I'm a daddy's girl, like most little girls. I was playing the piano at the time and thought it would be great to play something else. Besides, I wanted something to carry around.

**EDGE:** At what point did you realize that your life was going to be different?

**SC:** I performed with the New York Symphony Orchestra when I was only eight. I knew there was something that wasn't normal about that. But I didn't think I had a "gift."

**EDGE:** As an adult, have you ever experienced the fearlessness you did back then?

**SC:** *No.* I was a *kid*. I just did it! I didn't think about it. Of course, now, I've been doing it forever and this is my life, but back then I just went with it, like most kids do.

**EDGE:** What was it like working with older musicians?

**SC:** Everyone would be going to parties after a performance and here I had to go back to my room or go study. It was frustrating then but, hey, I was a kid, a teenager. *Nothing* is fair when you're that age.

**EDGE:** So today, as a 28-year-old, what is the downside of being Sarah Chang?

**SC:** The travel. Sometimes I wake up and don't know where I am, or what city I'm in. But then I remind myself of what I do, and how I get to entertain people all over the world—and that, at an age when others are just breaking into this business, I have been doing this for twenty years now. I'm already booked out to 2012, which is a great "problem" to have when you're an artist.



**EDGE:** What's your greatest obstacle as an artist?

**SC:** Having to be good every night, even on those days when I don't feel well. It's what the public expects from me and, realistically, it's what I expect from myself.



**EDGE:** Which can get rather difficult.

**SC:** Because I'm human.

**EDGE:** Does it all seem surreal sometimes?

**SC:** Sometimes. But for the most part I'm used to it. I don't go through this wow syndrome, where I have to pinch myself. I've been doing it for so long. I'm a professional. You know what I mean?

**EDGE:** How does dating work when you're Sarah Chang?

**SC:** It's a challenge as a young woman on tour. It's really hard to have a personal life when one person is in one place and the other is somewhere else. I would like to settle down someday, but I would also like to be a committed mother and wife when that happens.

**EDGE:** When were you finally on your own?

**SC:** My parents stopped traveling with me when I was around 18 or 19—which presented a challenge because they were no longer there to protect me. I made my fair share of mistakes. But I'm having fun at this point in my life.

**EDGE:** What was life like before that, as a 13- or 14-year-old?

**SC:** I was just like any other teenager who thought the world owed me something. In retrospect it was no big deal. You know, here I am performing one minute and doing homework by fax for Germantown Friends and Juilliard the next. I was always struck by how much younger I was than everyone else, and that bothered me. I missed a lot of parties. But now that I'm older, in retrospect it really was no big deal.

**EDGE:** What do you do on days when you're not performing?

**SC:** I'm just like everybody else. I'm human. I have everyday highs and lows just like everyone else. I would say I just like to have a day to myself. No cell phones, no Blackberrys, no emails. But that rarely happens. I probably wouldn't know what to do if it did.

**EDGE:** Is there anything you miss about being a Jersey Girl?

**SC:** Of course. I miss the driving—and the space. I'm a terrible driver, so I could really use the space! **EDGE**

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# TRINITAS PEOPLE

## NEW CANCER CENTER DIRECTOR ON BOARD



Dr. Barry Levinson has joined the Trinitas Comprehensive Cancer Center as the facility's new Medical Director. In this capacity, his focus will be patient care and the further growth and development of the oncology program. This appointment is an important step in the Center's mission of providing both clinical expertise as well as expanding patient-friendly services.

"I am excited to be a part of this outstanding team of highly skilled and compassionate clinicians at the cancer center. I am most

impressed by the commitment of the entire staff to deliver the best patient care possible," said Dr. Levinson. "I also look forward to being a part of this wonderful community and help patients and their families fight cancer and live active and productive lives."

"We are extremely pleased to welcome Dr. Levinson as Medical Director of the Cancer Center to our growing team of expert clinicians," said Gary S. Horan, FACHE, President and CEO of Trinitas Regional Medical Center. "Having a physician who not only has an outstanding résumé of clinical accomplishments, but who can also offer patients access to other cancer specialties and treatment is a major plus and we feel fortunate that Dr. Levinson has chosen to join us."

Dr. Levinson joins Trinitas CCC from Richardson Regional Cancer Center, an affiliate of the University of Texas Southwestern Medical Center at Dallas, where he was the Medical Director. His specialties include Genitourinary Cancer, Melanoma, and Head and Neck Cancer.

## NOTHING TO SNEEZE AT

For most people, allergies are a seasonal nuisance. However, for those who are afflicted year-round, allergies can trigger more serious problems, including chronic headaches, dizziness and asthma. Quality of life and productivity plummet. With allergies on the rise, Trinitas doctors like Diego Saporta, a board-certified otolaryngologist, are exploring an ever-widening range of treatments and solutions.

"People are under constant assault," says Dr. Saporta. "Nasal allergies and allergic conditions in general are reaching almost epidemic proportions."

Among the options that are now available is SLIT, which is short for Sublingual Immunotherapy. This home-based protocol involves an allergy vaccine that is taken orally as drops placed under the tongue. Not only does this save trips to the doctor, points out Dr. Saporta, it is particularly good for children and others with a fear of needles. For more information call (908) 352-6700.

## UNION COUNTY BARIATRIC SURGEONS JOIN TRINITAS STAFF



Drs. Ajay Goyal and Glenn Forrester, who specialize in laparoscopic surgical weight loss procedures, have become part of the Trinitas surgical staff. With offices in Union and Hudson counties, the New Jersey Bariatric Center surgical team will provide the medical center in Elizabeth with a potential for surgical successes for patients who suffer from obesity. Dr. Forrester will be the medical center's new Director of Bariatrics.

"We are proud to welcome these outstanding surgeons to our medical staff," notes Gary S. Horan, FACHE, President & CEO. "Together, they bring considerable surgical experience and success to our staff. Moreover, they help us move into a field of surgery that is of interest to many individuals who struggle with health issues associated with obesity."

Both surgeons have been at the forefront of this area of medicine. During a fellowship in Advanced Laparoscopic Bariatric and General Surgery at St. Luke's Roosevelt Hospital Center in New York, Dr. Forrester (above) worked in the emerging field of Single Incision Laparoscopic Surgery (SILS). He was part of one of the first surgical teams to perform this type of surgery through the use of flexible endoscopy.

During an American Society of Bariatric Surgery-approved fellowship in Advanced Laparoscopic Bariatric and General Surgery at the Institute for Minimally Invasive Surgery, Dr. Goyal (top left) was involved in initial studies that examined the use of robotics in bariatric and general surgery. He is a magna cum laude graduate with a BS in biochemistry and a medical degree from the State University of New York Health Science Center at Brooklyn who is board certified by the American Board of Surgery.



## FIT FRIENDLY AWARD

Trinitas Regional Medical Center really puts its heart into supporting healthy lifestyles for its employees. In recognition of its efforts, Trinitas received the New Jersey Chapter of the American Heart Association's "2009 Fit Friendly Award"—its second win in as many years.

Marie Usigan of Food and Nutrition Services was the winner of the T-shirt design contest conducted in April at Trinitas. The entire TRMC Heart Walk team agreed to wear Marie's winning design during the event at Nomahegan Park in Cranford. Marie, at left, is shown with Ed Remson, American Heart Association Regional Vice President of Field Operations for New Jersey, Nancy DiLiegro, PhD, FACHE, Vice President of Clinical Services, Gary S. Horan, FACHE, President & CEO, and J. Christian Bollwage, Mayor of the City of Elizabeth, after the unveiling of her award-winning t-shirt design.



# SALUTING TRINITAS HEROES

Trinitas Health Foundation held its 2009 Gala in May at Birchwood Manor in Whippany, and presented its Humanitarian Award to its Medical and Dental Staff and its Philanthropy Award to Wachovia/Wells Fargo. WABC-TV *Eyewitness News* reporter NJ Burkett served as emcee, entertainment was provided by Tim McLoone and The Shirleys, and Al Harrington of the Knicks provided a towering celebrity presence at the event. Harrington was honored for his extensive work with underprivileged children. During a touching moment, Elizabeth resident Sol Kramer (bottom) and his wife, Clara, described the care that recently saved Sol's life.

# TRINITAS PEOPLE



## REAL SOLUTIONS FROM KATHY IRELAND

Trinitas Regional Medical Center hosted an evening with supermodel-turned-business mogul Kathy Ireland at BoulevardFive 72 Restaurant in Kenilworth. More than 120 guests listened as Ireland revealed her strategies for staying physically, mentally and emotionally healthy while balancing family life and career during stressful economic times. Her book *Real Solutions for Busy Moms: Your Guide to Success and Sanity* was two years in the making, but in many ways research began on it when her first child—now a teenager—was born.



# Sun Dance

*What's Cooking This Summer? Hopefully Not YOU!*

by Dan Brickley

**W**hen it comes to summertime beauty, looking good is a whole different ballgame. While winter hues tend to accentuate the delicacies of one's skin tone, hair and eye color, the warmer months are all about bright bursts of color against a healthy, sun-kissed palette. Of course, getting that sunny summery look often means increased UV exposure. Preventing skin damage during the sultry summer months requires careful attention

to protection, hydration, and (of course) daily product application.

First rule of thumb—you don't have to hit the beach to grab a perfect tan. **TERRACOTTA SUNLESS BALM** by Guerlain (\$50/5.7 oz) is enriched with 100% natural Moroccan argan oil, so it hydrates, protects, and even helps to regenerate the skin for a smooth, flawless finish. Mimicking the effects of a deeply hydrating body butter treatment, this rich formula



is ideal for quenching sun- and wind-parched dry skin. A subtle iridescence also gives your skin a natural glow for several days after the first application. Most importantly, *Terracotta* will leave your skin looking naturally tan, not orange or streaked. It's quality luxury and, most importantly, it's safe.

If you do plan to tan the natural way, you absolutely must protect your skin before leaving the house. Given the impact of a diminished ozone layer, you just can't be too careful. And just because you don't feel as if you're baking in the high-noon sun doesn't mean you aren't burning. Doctors recommend wearing at least an SPF 15 at *all* times and these days it's easy to find a light, smooth moisturizer with built-in UV protection (without breaking the bank). I highly recommend **RoC RETINOL CORREXION DEEP WRINKLE DAILY MOISTURIZER SPF 15**. This wonder product is a huge favorite among skin care gurus. Don't let the name scare you off! This moisturizer helps to visibly reduce expression lines and wrinkles while protecting your skin from the sun's harmful rays. Enriched with Vitamin E and SPF 15 sunscreens, it also helps prevent the signs of premature aging. It does contain Retinol, however, which can be a challenge. In fact, it's recommended that the user test the product for two weeks while building up the dosage gradually. The buzz on this product is incredible. Although it's relatively new to the market, it's being touted as a miracle cream inasmuch as it's hypoallergenic, non-comedogenic (won't clog pores), oil free, and amazingly inexpensive (only \$18.00/oz.).

And since a good base cream won't send you into foreclosure, ladies, I say splurge on your lips! **CHANEL'S AQUALUMIERE SHEER COLOUR LIPSHINE** is super light for those hot, balmy nights and also packs an SPF 15. Even at \$30.00 a tube, don't waste time shopping around. Survey says "Monte-Carlo" will be this summer's hottest shade, so grab it while you can!

For the fellas, don't be swayed by what your buddies tell you! Harsh sun, salt-water, and chlorine hold as many dangers for your skin and hair as they do for the ladies. Unless you want to end up looking like George Hamilton, here are some tips for summer maintenance. First of all, shaving is key. The **ART OF SHAVING'S LEMON ESSENTIAL OIL**



(\$22/5 oz.) is the perfect shave cream for summer. Rich with glycerin, coconut and other essential oils, it leaves your skin smooth and moisturized. But, once you've got a stubble-free, clean canvas of a face...what to do?

This is where great unisex skincare comes in. What's a beauty regimen without the quintessential summer face soap? Origins **A PERFECT WORLD DEEP CLEANSER WITH WHITE TEA** (5 fl. oz./150 ml) might sound like an afternoon drink, but as soaps go, it's life changing. This perfect foaming face wash is formulated with nature's rare Silver Tipped White Tea. In a preemptive sweep, dirt-grabbing minerals combined with the gentle, skin-compatible cleansing action of palm and coconut oils plus oat amino acid reach deep to help detoxify and free skin of harmful, free radical-releasing impurities before they settle down and cause skin-aging oxidation, dehydration, and irritation.

Now that your face is smooth and clean, there's just one more step. Toner is essential for healthy skin in a warm weather climate. Lately, vegan products have become all the rage. At long last, I believe a non-chemical toner has finally been perfected. **LUSH BREATH OF FRESH AIR TONER** (\$17.45/8.4 fl. oz.) is pretty much as naturally perfect as it gets. It rehydrates dry skin with soothing, nutritious ingredients like real sea water (fetched from deep in the Pacific), natural spring water, aloe vera gel, patchouli oil, rosemary oil, and seaweed absolute. Just a spritz softens and balances, while it refreshes and renews.



Everybody needs a little extra help when it comes to maintaining a fresh face when the heat is on. So follow these tips, be prudent, and enjoy a skin-tillating summer. **EDGE**

**Editor's Note:** Dan Brickley was the host of TLC's *A Makeover Story* for three seasons. He has authored numerous articles on fashion and beauty.

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# Skins Game

*Turns out you **can** judge a wine by its color.*

by Mike Cohen

**A**lthough wines have myriad and complex properties, perhaps the most obvious can be attributed directly to the skins of their grapes. The basics of winemaking are well known...grapes are picked, then crushed, and the skins either stay in contact with the crush or have little to no contact. Wines can be grouped into three primary categories relative to the skin of the grape: white wines, red wines, and rosé wines.

**WHITE WINES** are wines that contain little or no red pigmentation. These wines have had little or no interaction with the skins of their grapes as they are processed. White

wines are almost always made from white grapes, but they can be made from black grapes as well, because the juice of most black grapes is actually clear. White wines can be sweet or dry, or somewhere in between. Popular white wines include Chardonnay, Pinot Grigio, Pinot Gris, Riesling, and Sauvignon Blanc.

**RED WINES** are made from black grapes and have a red or blue tint. Since most grapes have colorless juice, red wine needs its grape skins, which contain nearly all of the grapes' pigmentation, to remain intact along with the juice during all or part of the fermentation process. Tannins, also

found in the grape skins, are transferred into the wine while the skins are in contact with the juice. Besides the difference in color, the primary difference between red and white wines has to do with their respective tannins. Found mainly in red wines, tannins provide a dry, puckery sensation in the mouth and in the back of the throat. They also help preserve wine, allowing most (but not all) red wines to be aged longer than white wines. Popular red wines include Beaujolais, Cabernet Sauvignon, Chianti, Merlot, Pinot Noir and Zinfandel.

**ROSÉ WINES** are pinkish in color, so they are often referred to as pink or blush wines.



Rosés are made from black grapes, but they do not fully turn red because the grape skins are removed from the juice mere hours after initial contact. This brief exposure to the skins gives the wine its signature color through the slight transference of red pigments. Rosés can also be produced by blending white and red wines. This technique also involves brief skin contact, which ensures that a minimal amount of tannins enters the blush wine. Many rosés are sweet, with White Merlot and White Zinfandel serving as typical examples. The best and most traditional vintages, however, are the European rosés, which tend to be bone dry.

Given today's high-tech instant information resources, grape skin and its extracts have been getting a lot of attention in terms of potential health benefits. Antioxidants, called pycogenols, are present in grape skins. The darker the grapes, the greater concentration of pycogenols, hence the media's infatuation with the healthful properties of red wine. In the 1950s, these compounds were isolated from grapes and used in the treatment of cirrhosis, varicose veins, and retinopathy (an eye disease attributed to diabetes). As scientific discovery progressed, the researchers were able to isolate resveratrol, the most hyped compound on the market associated with grape skins. Studies have shown resveratrol's benefits to include:

- **High potency anti-inflammatory properties**
- **Blood thinning capabilities as good or better than aspirin**
- **May interfere with the development of cancer**
- **Natural anti-fungal agent**
- **Helps to reduce bad cholesterol (LDL)**
- **Can increase good cholesterol (HDL)**
- **Reduces blood pressure**

Now before we all go out and drink massive quantities of red wine to saturate ourselves with reserves of resveratrol, there are some offsetting side effects. In order to enjoy most of resveratrol's positive health benefits through red wine consumption, we would have to drink red wine practically all day long, every day. Perhaps not a bad idea to some, but our livers would undoubtedly have something



## Fill 'Er Up

OK, so we know grape skins determine the type of wine produced, and they can help us live a longer and healthier life. But what do we do with them after all is said and done? Throw them out? Not in Canada anyway. Vincor Canada, the largest Canadian winemaker, has perfected a technique using microscopic organisms to devour the used grape skins and give off methane and carbon dioxide, a mixture that can replace fossil fuels. Let's think about that for a minute...we can grow some grapes, make some wine, drink some wine to improve our health, and then fuel our car with a byproduct. Not bad for something that tastes so good.

to say about this. A further consideration is that resveratrol is a plant estrogen, which has received much attention as contributing to the proliferation of certain breast cancer cells.

Grapes, once an innocent treat we all enjoyed as youngsters, now provide us as grown-ups with the fruit of the vine in its finest form—wine, complete with all its trappings, some good, some bad. We can now appreciate that wine is more than just grapes and their juices. It's got some real skin, too. **EDGE**

**Mike Cohen** owns the *Wine Concierge* ([www.gourmetwc.com](http://www.gourmetwc.com)). He specializes in locating hard-to-find wines for customers in New York and New Jersey.



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# Net Results

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by Mark Stewart

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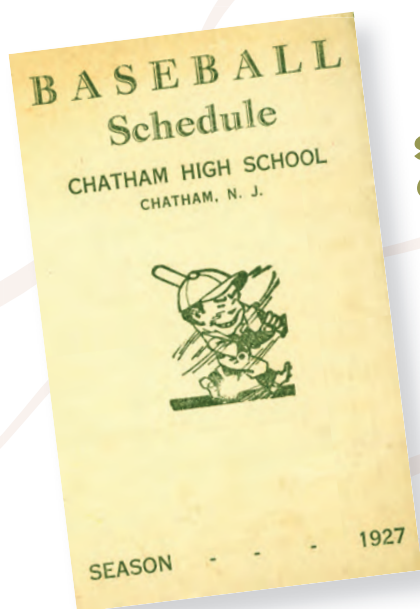
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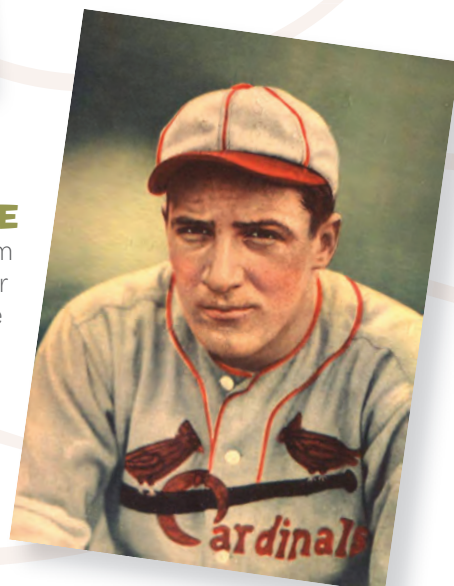
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# Contributors

**ANDREA CLURFELD** (*EDGE Restaurant*) is the one buying up all the ramps at the produce market, elbowing out the competition for the littlest (and sweetest) berries at the pick-your-own strawberry farm, and wearing out the cheese-cutters at farmers markets and specialty shops. At mealtimes, Andy can be found in restaurants humble or haute, or cooking in her own kitchen (or in the kitchens of friends willing to take a chance on trying something decidedly different). When not eating, she's *thinking* about eating. The longtime food critic for the *Asbury Park Press* also has been published in magazines and on Web sites, including *Gourmet*, *Saveur*, *Town & Country* and *epicurious.com*. She is also a former editor of *Zagat New Jersey*.



**ZACK BURGESS** (*EDGE Interview*) comes to the magazine from the newspaper business, where he has written about politics, popular culture and sports. He has worked for *The New York Times*, *Kansas City Star*, and *Washington Times*. A graduate of Howard University, Zack has won numerous journalism awards and is also a regular contributor to *TheRoot.com*. He doubles as *EDGE's* Assignments Editor.

**STEVE SEARS** (*All In*) is a freelance writer who has penned articles for more than a dozen New Jersey publications. He is a connoisseur of the state's hidden treasures, from bookstores to restaurants to the closely guarded off-season secrets of the Jersey Shore. Steve lives in Bloomfield with his wife and daughter, and is busy working on his first novel, set—where else?—in the Garden State.



## Smooth Move

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**S**moothies are a popular beverage in Jersey, and the scene is always vibrant. The gourmet smoothie scene is being transformed into a new, more sophisticated, and health-conscious beverage. The scene is always vibrant in Jersey, and the gourmet smoothie scene is being transformed into a new, more sophisticated, and health-conscious beverage.



**ALAN RICHMAN** (*Smooth Move*) has logged more than two decades as a journalist in the Natural Products & Nutrition industry, including a stint as editor of *Whole Foods Magazine*. Alan did much of the legwork for his *EDGE* article on the left coast, where he worked his contacts at Natural Products Expo West, the world's largest conference and trade event of its kind. Alan's son, Matt, is a Contributing Photographer to *EDGE*.

*EDGE* owes a special thanks to the folks at **VITO MAZZA**—including Creative Designer Jennifer Loprete, American Board Certified Colorist Tina Zaccagna, and President Vito Mazza Jr.—for their inspiration, expertise and generous supply of hair, skin and grooming products. As you can see, they played a key role in our Pool Cues shoot. Vito Mazza Salon, Spa & Hair Restoration (732-636-0119) is located at 114 Main Street in Woodbridge.



Photos courtesy Sue Barr



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