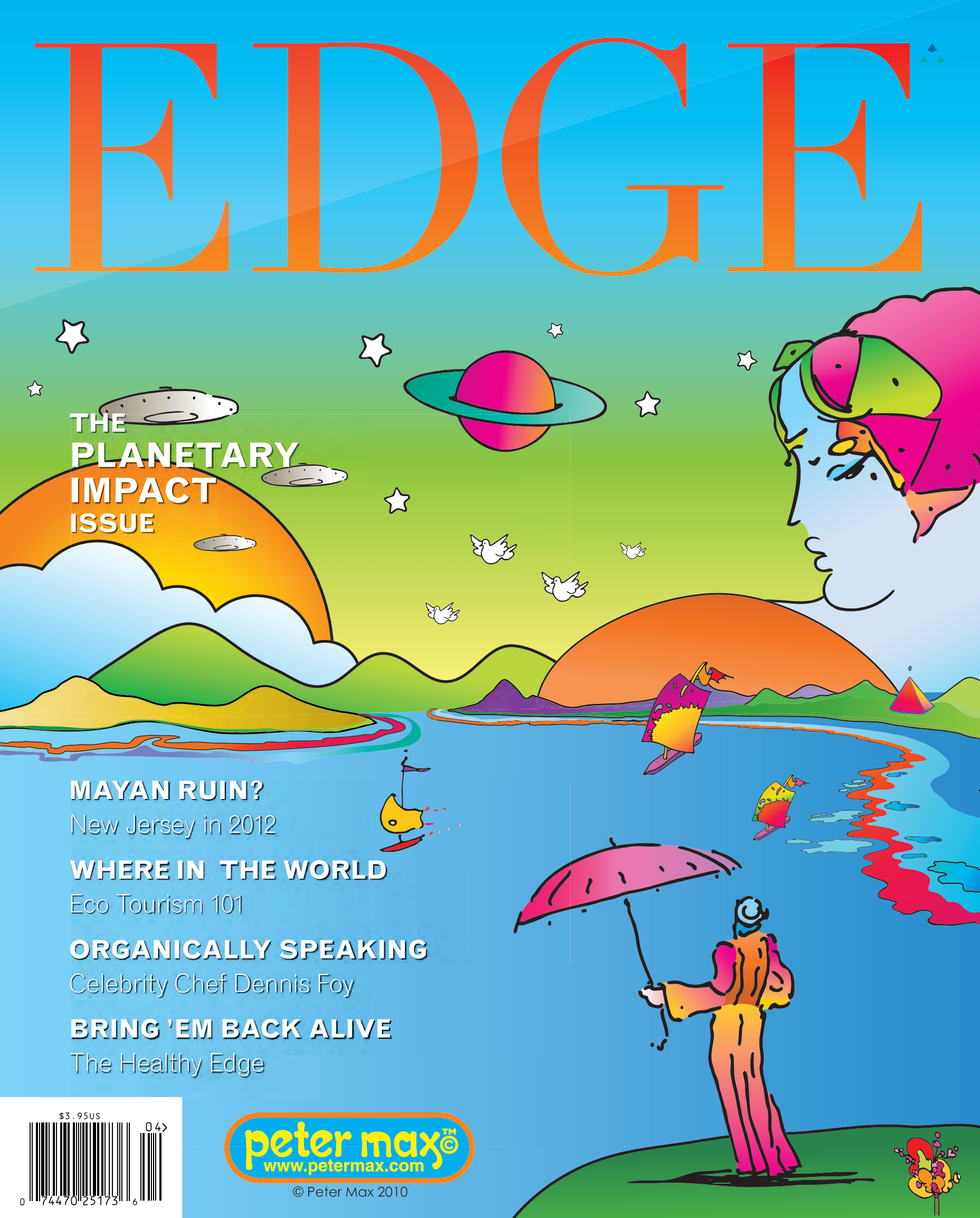


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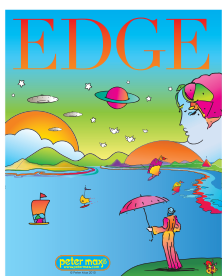
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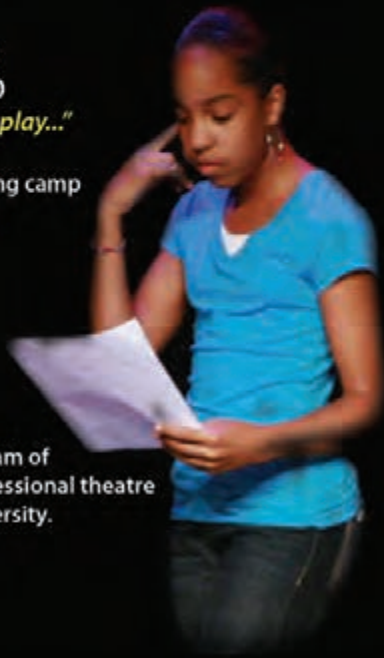


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## President's Message

Welcome to the Planetary Impact issue of EDGE. It's a subject that is near and dear to Trinitas, which has made a significant commitment to planet-friendly practices whenever and wherever possible.

In 2009, we began implementing the Boost cleaning system, which uses water instead of chemicals on our floors. Last year we also switched to a single-stream recycling strategy, which more than tripled the amount of material recycled at the medical center.

Every Trinitas employee has taken ownership of the hospital's goal to reduce our carbon footprint and promote responsible stewardship of the environment. These efforts saved the equivalent of 646 trees and 226,000 gallons of water last year—and won us New Jersey's Earth Day Award!

We plan to keep up the good work...and challenge you to do the same.

Sincerely,

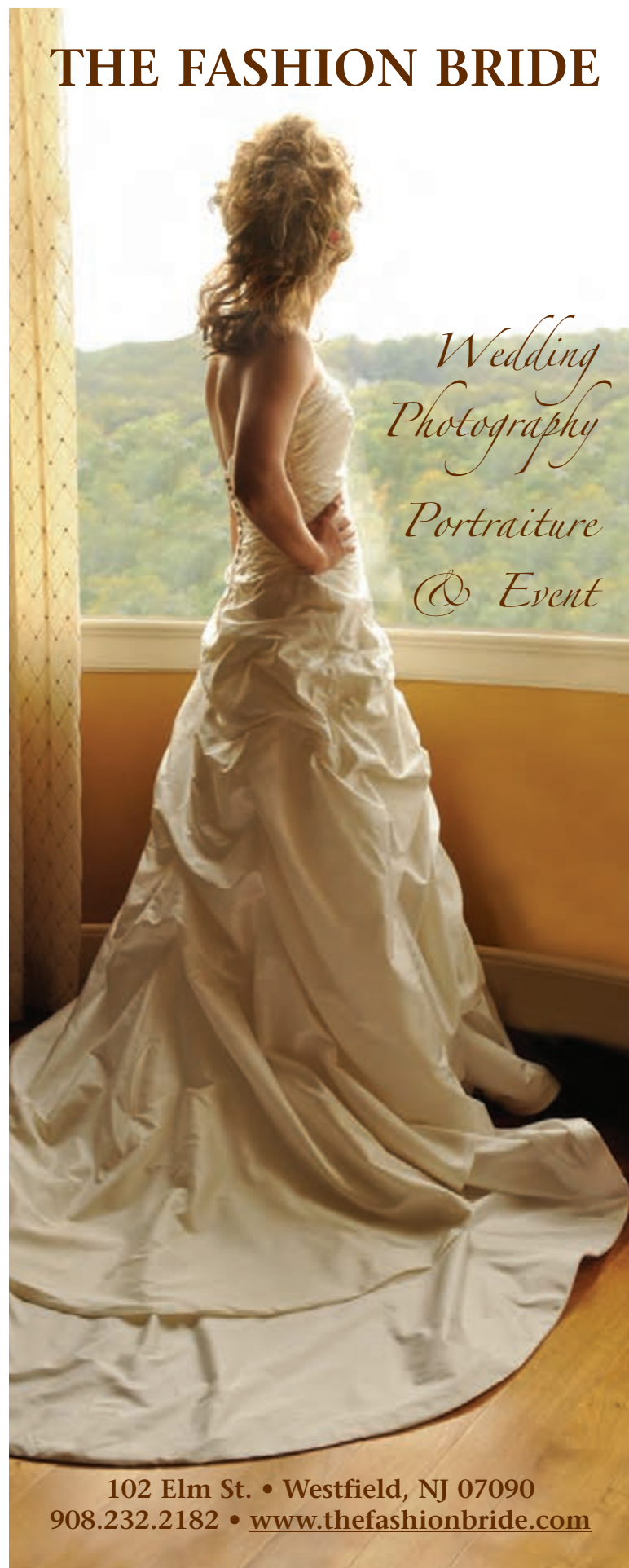
Gary S. Horan, FACHE  
President & CEO  
Trinitas Regional Medical Center



**Editor's Note:** Gary Horan has been named to the board of the New Jersey Hospital Association. Congratulations!

*Trinitas Regional Medical Center is a Catholic teaching institution sponsored by the Sisters of Charity of Saint Elizabeth in partnership with Elizabethtown Healthcare Foundation.*

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# EDGE

## restaurant

### Chez Catherine

*“It is Didier now,” says the gentleman in the Hermes tie and dapper suit as he stands, head bowed slightly in our direction, at the foot of our corner table at Chez Catherine. “Not ‘Sir.’ No more. I am Didier.”*

by Andrea Clurfeld

Even Didier Jouvenet’s admonishments can flatter. I’ve just addressed him as “Sir” in a quick series of queries at the end of our dinner, and the owner/maitre d’/sommelier of this intimate and pure French restaurant in Westfield is insisting on doing away with distance between diner and proprietor. That’s how the old restaurant pros do it, and the veteran of La Grenouille and The Carlyle Hotel in New York is nothing if not the consummate pro.

Chez Catherine has been around a long time in its somewhat incongruous home in the bosom of a Best Western motel near the downtown district. But it’s been reinvigorated by the current stewardship of Didier Jouvenet and his wife, Edith. They have secured the services of *chef de cuisine* C.J. Reycraft to turn out the French classics. There are very few places

## Chez Catherine

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in New Jersey where brandade de morue and confit of duck and profiteroles are done with textbook care. If the foamists have their way, or if designer burgers snatch any more menu space—or if yet another Everything-Asian eatery takes hold in a strip mall—restaurants such as Chez Catherine could find themselves on the culinary endangered species list of New Jersey.

We shouldn't let that happen. The Jouvenets and their kitchen crew give us too much reason to let that happen.

The dining room may be a touch too pretty-pink, a tad cluttered and close-quartered. Yet the dishes served forth are precise, heartfelt translations of those that once made France the culinary capital of the planet. They merit attention.

Brandade de morue, a soul-satisfying mash of house-cured salt cod, potatoes and roasted garlic, is given a lick of olive oil to help smooth it on accompanying toasts. If you've ever thought fondue was fun, well, Chez Catherine's brandade offers the same communal dip-in pleasures, with a different and arguably more intriguing base.

Risotto, as popular in parts of southern France as it is in northwestern Italy, is given a creamy lift with the addition of



mascarpone, which balances the tannic shreds of spinach nicely. Is a shot of truffle oil overkill? Not in the hands of Reycraft, whose deft hand keeps this often-overused condiment in proper check. It's background here, wisely elusive.

## Dress for Dining Success

Gents, Chez Catherine is a place that doesn't demand jacket and tie, but certainly deserves to be honored by appropriate attire. While a jacket alone will do, the same clothes worn to accomplish household chores will not. Ladies, workout wear is unsuitable here. This is a place where diners should feel inspired to rise to the occasion, even if that occasion is simply dinner out. Clothes worn to mow lawns and shuffle kids to soccer may do you fine at Applebee's, but not at Chez Catherine. Will you see inappropriately dressed people dining here? Yes. It would be hard to imagine Didier Jouvenet and his crew treating them with any less respect than his properly dressed clients. It's known as class. Watch and learn.



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But the foie gras is brawny and bold. A hunk of the stuff serves as the centerpiece of a plate with a rash of partners that allow you to enhance the fatty liver in various ways. There are pert cubes of Grand Marnier gelee, slivers of toasted hazelnuts, a compote of vanilla-laced pineapple and a swirl of pink peppercorn-infused blood orange. No reason to be shy; lap it all up, for all of it works.

Skate, splayed gloriously on a wide plate, showed the wing span of an eagle—and the sure hand of a kitchen willing to let an expertly cooked piece of fish stand just about on its own. A little acid from nibs of citrus was all that was needed.

Duck confit, plucked from the annals of the classic bistros of southwestern France, didn't miss either. This is the dish that defines falling-off-the-bone tender, and Chez Catherine's rendition is the snapshot for a cookery bible. Factor in a scattering of tart, dried cherries for counterpoint, a pile of wild rice for texture and long-braised scallions for sweetness, and you have an air-tight case for respecting tradition.

Chez Catherine's kitchen also knows how to respect lamb. Fat rib-eye chops come cosseted by a chestnut puree and Brussels sprouts—an appropriately (and pleasantly) bitter sideshow to rich meat.

The parade of classics doesn't let up at dessert. How long has it been since you've had a proper profiterole? Here, your new best friend, Didier, will pour from a miniature gravy boat a ration of hot chocolate sauce over and around buttery puffs of pastry with an inner prize of vanilla ice cream. The original molten chocolate cake, done to death at chain restaurants everywhere? It's here in true French fashion, fastidiously made so it tastes of fine dark chocolate, not something insidiously sweet, and served with a scoop of pomegranate ice cream.

The best of the finales may have been the lemon tart, with a curd that resonates sour, spooned into a meringue shell and then set astride flecks of Marcona almonds, a thimbleful of lemon verbena-mascarpone sorbet and a flourish of blackberry sorbet. Mon dieu, do the French know balance, or what?

I do wish, however, that the wine list was better balanced. It weighs heavily in favor of the high-priced (way high-priced) standbys, while all but ignoring the highly nuanced, spirited small-producer bottles from the south of France that would sing with Reycraft's food. If you're willing to shell out three figures (or four), you can enjoy a solid Burgundy or Bordeaux. But the \$60-to-\$80 price range is far too thin, lacking in imagination and educational value, for the list to be considered worth a trip.

But the food at Chez Catherine *is*. It makes me hope France's life at New Jersey's tables is long lived. **EDGE**

**Editor's 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*. Don't miss her Q&A with celebrity chef Dennis Foy on page 40.

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# EDGE PEOPLE

## CORE VALUES

Elizabeth political and community leaders joined with members of the Trinitas family to break ground on the new Center of Regional Education (CORE) building, which will provide assembly space for community events, classroom space for health education and emergency preparedness training, office space for the Trinitas Health Foundation and the emergency response staff, and garage space for ambulances and Mobile Intensive Care Units.



## GREEN DAY

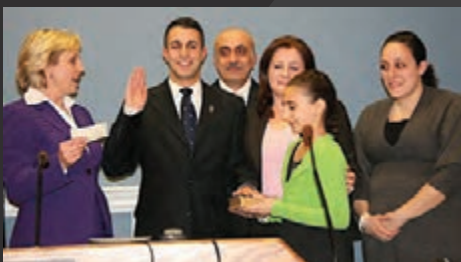
The annual Union County St. Patrick's Parade on March 13th will be a triple celebration for the Trinitas family. The parade will celebrate the 150th anniversary of the founding of the Sisters of Charity of St. Elizabeth, co-sponsors of Trinitas Regional Medical Center. It will also honor the 10th anniversary of Trinitas. Sr. Marion Scranton, Director of Community Initiatives at Trinitas, will serve as this year's



Grand Marshall. Other members of the Trinitas family on the committee include Mary McTigue, Marlyse Benson, Doug Harris, Glenn Nacion, Maribeth Santillo, Ann Marie Scanlon and Ginny Wilson.

## THE BIG MAN

Clarence Clemons gathers with schoolchildren from Jersey City to the Bronx at the Little Kids Rock benefit at the B.B. King Blues Club across the Hudson. Clemons went on to perform *Jailhouse Rock* with the kids during the event, which raised over \$150,000 to restore and revitalize music education in our public schools. Photo by Chris Onjian.



## TWENTY SOMETHING

On January 7th, 25-year-old Ziad Shehady of Springfield became New Jersey's youngest serving mayor. Lieutenant Governor Kim Guadagno administers the oath of office to Mayor Shehady while his sister, Nicole, holds the Bible and parents Ziad and Sylvana and another sister, Rita, look on. Photo by Tina Renna.

## GRAND TOUR

Union Center National Bank's President and CEO Anthony C. Weagley meets with Phyllis Dunlop, VP of Resource Development and Marketing for the Community FoodBank of New Jersey, to tour the 290,000 square foot operation in Hillside. UCNB has

made regular donations to the Community FoodBank, which feeds 750,000 New Jersey residents per month, while also running a Food Service Training Academy for culinary students from disadvantaged backgrounds—and a Kids Division, which gives school supplies and clothing to children in low-income areas of the state.



# Where In the World...

*Ecotourism is all the rage.  
Even in a gray economy, most  
Americans say they would pay a  
premium to travel green.  
Saying and doing, however, can be  
two very different things.*

by Gary Lee





With America's green revolution in full swing, being a savvy traveler now means more than merely ferreting out five-star resorts and three-star prices. For the globally conscious adventurer, the ideal vacation includes an environmentally sustainable destination and, even better, a rental car that runs on renewable fuels. A truly green traveler will even counter the pollution created by the round-trip flight by donating to solar power.

Limiting your planetary impact is a noble goal and worthy challenge. But just how realistic are these goals?

Good intentions aside, defining what constitutes a sustainable destination—and finding the right lodging or

tour operator—can be daunting, especially for newcomers to ecotourism. The first hurdle is sorting out the legitimately environmentally conscious travel purveyors from the so-called “green washers,” or those companies promoting green credentials to attract customers, but which engage in little or no environmental protection. Fortunately, there are several information sources devoted to socially and environmentally sustainable travel, available online or in bookstores. Trip planners can use these and other resources to come up with a short-list of potential resorts, hotels, or tour operators.

“These kinds of resources have made environmentally and socially responsible travel easier than people think,” says Martha Honey, President of the Center For Responsible

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Travel, a Washington, DC nonprofit. “While we’re not quite to the point of one-stop shopping, there is a wealth of information and it’s pretty accessible.”

When vetting hotels, guesthouses or resorts, suggests Ronald Sanabria, Director of Sustainable Tourism for the Rainforest Alliance, check to see whether they have received environmental certification certificates from third-party organizations.

While there is no overarching international certifying agency, a growing number of countries, U.S. states and international organizations review the environmental practices of resorts or operators and award certificates. Australia-based Green Globe 21—one of the best known—has certified over 700 properties and organizations worldwide. In searching for lodging in the U.S., look for a stamp from Energy Star, an EPA program that helps hotels and other companies reduce energy use. Many environmentally progressive countries—including Costa Rica, Ecuador and Kenya—have strong certification programs. Here in America, about 25 state programs also offer certification.

Because resorts or tour operators with a strong environmental commitment are not always certified, it certainly doesn’t hurt to contact intriguing properties directly and inquire about their environmental policies. Try to determine in what ways they contribute to the sustainability of the surrounding community. Start with a few basic questions: How do you reduce waste? How do you conserve water usage? What chemicals do hotel staff use for cleaning or gardening? Do they hire local workers and use local products in the kitchen?

“The answers to these questions should give travelers a sense of the property’s commitment to sustainability,” Honey says. Offering guests the option of passing on towel or sheet changes is now considered the basic minimum environmental policy for hotels. More serious properties have gone further by switching to alternative energy sources or using organic produce in the kitchen.

After finding a suitable green resort or tour operator, some take steps to counter the air pollution created by their transportation. This is the eco-traveler’s carbon footprint—the amount of carbon dioxide pollution each person is responsible for producing by flying jet-fueled airplanes, driving car rentals, or taking any means of transport using fossil fuels. To help counterbalance the potential

environmental impact, a growing number of carbon trading companies calculate how many carbons travelers burn, then collect funds from them and invest them in renewable energy resources to offset the damage.

What’s that compute to on, say, a flight from Newark Airport to Aruba? Climatecare, a UK outfit that specializes in helping travelers and companies offset the carbon pollution they cause, calculates that a couple will burn 1.38 tons of carbon emissions on this trip. The company will then collect the \$20.40 needed to create an equivalent amount of clean energy. They invest the funds in wind power, biomass or other renewable energy projects, usually in the developing world.

Now, if you can find a rental car that runs on electricity, you’ve accomplished something...namely a guilt-free eco escape! **EDGE**

**Editor’s Note:** Gary Lee won the Lowell Thomas Award for Travel Journalism for his coverage of 9/11 in *The Washington Post*. Fluent in five languages, including Russian, Gary served as the *Post*’s Moscow Bureau Chief. He was nominated for a Pulitzer Prize for his articles about Gorbachev’s Russia.

## Starting Points

- **INTERNATIONAL ECOTOURISM SOCIETY** ([www.ecotourism.org](http://www.ecotourism.org)) promotes sustainable tourism, offers a succinct definition of what ecotourism is about: responsible travel to nature areas that conserves the environment and improves the well being of people. It also links to The Travel Green Guide, which includes tips, approved lodging and tour operators.
- **THE RAINFOREST ALLIANCE** has compiled a list of hundreds of environmentally responsible properties and operators worldwide. Log onto [www.ecoindextourism.org](http://www.ecoindextourism.org).
- National Geographic Traveler’s **ULTIMATE GUIDE TO SUSTAINABLE TRAVEL**. Many country guides published by Lonely Planet include a GreenDex, a quick reference index of sustainable accommodations and other eco-tips.



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## Bardessono

Open less than a year, this 62-room Napa Valley property has already become the gold standard for luxury eco hotels. The spare, low-rise buildings are constructed from walnut laurel bay and other wood salvaged from surrounding Northern California. Solar panels provide much of the electricity used on site. An elaborate system of underwater wells and pumps are used to heat and cool the guestrooms. No plastic is used on property in order to minimize waste. The environmentally *au courant* management has even forgone rugs, to cutback on allergens. Bardessono's Zen-inspired design does allow for creature comforts, including flat screen televisions, 300-count organic linens, deluxe bath products, a gourmet restaurant, in-room spa treatments, and just about every other perk you'd expect from a five-star destination.

707-204-6000 • [bardessono.com](http://bardessono.com)



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Just this January, Starwood launched its Element brand right here in the Garden State. The Element Ewing Hotel is “flawlessly and certifiably state-of-the-art green” according to the property’s opening-day publicity. What exactly does that mean? From the naturally lit lobby to the guest rooms (which feature low-flow fixtures and stylish recycling bins), there is an impressive balance of energy efficiency and top-flight hotel amenities. Eco-friendly materials are used throughout the hotel, right down to the paint and carpeting, and the housekeeping staff is armed with an arsenal of green cleaning products.

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# Why Live With Pain?

The Latest Solutions For Chronic Pain From Head To Toe

# Deadly Souvenirs

*Globetrotting microbes  
are keeping New Jersey  
doctors on their toes.*

by Lisa Milbrand

There are some souvenirs you *want* to bring back from your travels—local handicrafts, beautiful jewelry—and then there are the ones that you don't. These range from the inconvenient (Montezuma's Revenge) to the catastrophic (raging infections). Thanks to ever-adventurous New Jerseyans and newcomers from developing countries, doctors in the Garden State often find themselves treating patients with unusual, challenging-to-diagnose, and even hard-to-cure diseases. By the time they arrive at Trinitas Regional Medical Center, their condition is typically dire. Sometimes, it's desperate.

The rundown of rare diseases that doctors are currently fighting in New Jersey includes the tropical maladies with which world travelers are now familiar. Interestingly, these are showing up less frequently. Indeed, one would expect that the incidence of, say, typhoid, malaria and dengue fever might be on the rise. But Dr. Clark Sherer, Chief of Infectious Diseases at Trinitas, says the number of cases of

*A Special Health & Wellness Section from Trinitas Regional Medical Center*

these tropical diseases has remained low for the 20 years he has worked in infectious diseases.

## CONFRONTING THE "CLASSICS"

"We're not seeing more than we're used to—just a case or two of malaria a year, and a case of dengue fever every few years," he says.

Dr. Sherer credits the availability of immunizations and preventative medicine with keeping the numbers small. "There *are* people who go out into the jungle for a week on tour and never get pills to prevent malaria," he says. "But, if you take the proper precautions regarding vaccinations, food and water, and insect and mosquito control, you can stay healthy."

When treating some of the rarer cases, like dengue fever and typhoid, the biggest challenge for doctors can be staying abreast of the latest treatments. "Since we see them infrequently, when we make the diagnosis, we have to

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familiarize ourselves with any developments in treatment,” Dr. Sherer says. “You don’t feel quite as comfortable dealing with something you only see rarely.”

## TB OR NOT TB

Tuberculosis is another disease that people associate with exotic locales. And recently, headlines about drug-resistant strains of TB may have struck fear in people’s hearts. Yet Dr. Sherer says that the incidence of drug-resistant TB is relatively low.

“Tuberculosis has been out there and is still out there, but most of the cases we’re seeing are completely sensitive to treatment,” he maintains.

While the number of cases of TB has grown, Dr. Sherer says there’s little need for the general public to worry. “Most of the cases we’re seeing here are in foreign-born people who are on the younger side. They were exposed in another country where TB is endemic, and later develop active TB.”

## BAD BUGS

The most challenging cases the doctors are seeing involve bacterial infections, whether it’s unusual strains of mycobacteria brought back from a trip to a developing country or the homegrown variety of infections that are antibiotic-resistant.

Necrotizing fasciitis—a rapidly spreading infection that can kill off large swaths of soft tissue in a matter of hours—can be especially life-threatening. “They have to be treated surgically *immediately*,” says Dr. Morteza Khaladj of The Center for Wound Healing and Hyperbaric Medicine. “We clean and drain the infection. Sometimes we have to remove the bone and large sections of soft tissue. Then patients are treated with IV antibiotics.”

The most troubling new infectious disease — methicillin-resistant *Staphylococcus aureus* (MRSA)—started right in our own backyard. MRSA began cropping up in hospitals as people with weakened immune systems began to develop

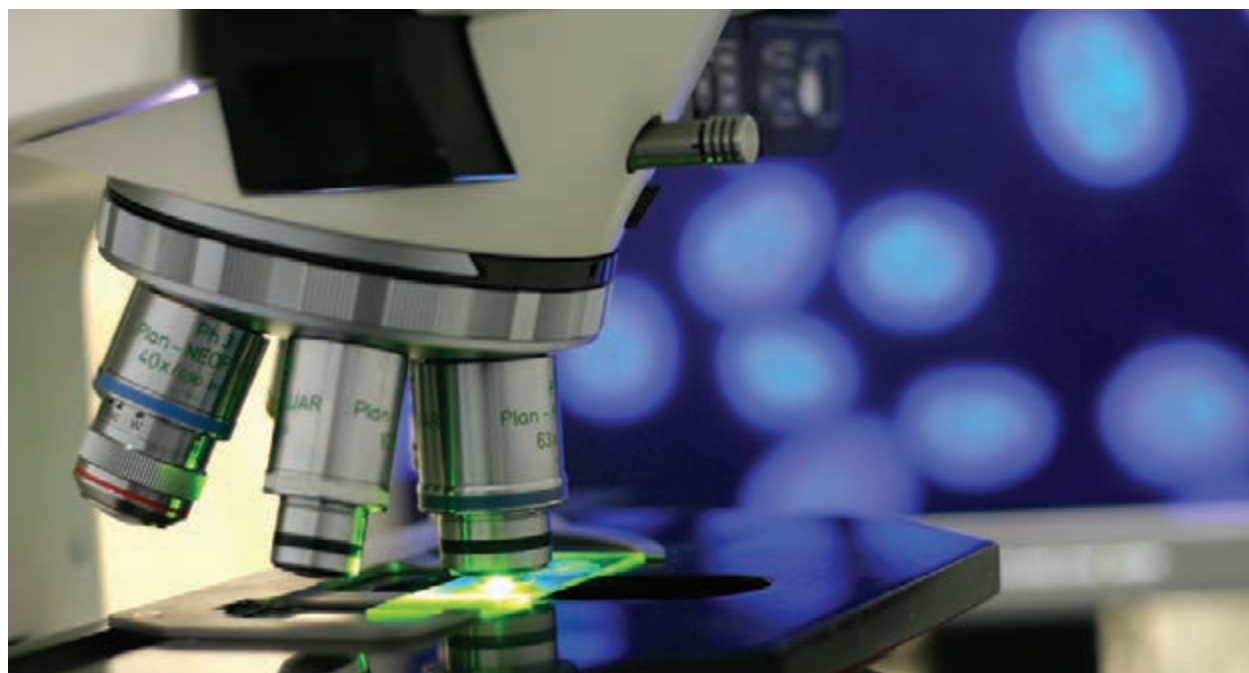
antibiotic-resistant staph infections in the skin, which often spread to surgical wounds, bones and joints and even into the major organs. This new strain of Staph infection has grown resistant to many antibiotics. Then a new strain developed—community-acquired MRSA—which can cause skin infections and pneumonia.

“Healthy people are coming into the hospital with overwhelming staph infections, very resistant strains of *E. coli* and other bacteria—some are resistant to all antibiotics,” Dr. Sherer says. “It’s a big concern—there are not many new antibiotics out there, so our resources are limited in treating some of these infections. MRSA has become a huge issue that we’re dealing with on a daily basis.”

So should you be worried? Most medical experts say that with the proper precautions, you can get through life safely, whether you’re jetting halfway around the world or driving to the local Wawa for a quart of milk.

“I don’t think the average person needs to be concerned,” Dr. Sherer says. “Just follow the CDC’s recommendations regarding the precautions you should take when you travel someplace where you might be at risk, and you should be fine.” **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](http://themamahood.com) celebrates the life of a working mother. For more info on CDC travel tips log onto [cdc.gov/travel](http://cdc.gov/travel).



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## Eco-Travel Tips

Thanks to myriad guides and web sites, becoming an Eco-Tourist is a breeze. Coming home without a raging infection can be trickier. Follow these five tips and you should return with great stories and, just as important, a clean bill of health...

- **Do your research.** The Center for Disease Control's web site ([www.cdc.gov](http://www.cdc.gov)) offers a good starting point for a list of immunizations you might need, along with common illnesses in the region and common-sense tips to avoid contracting them.
- **Visit a travel clinic.** The experts at a travel clinic can give you more specialized advice on issues in the areas where you'll be traveling, and help you locate any hard-to-find immunizations.
- **Stock up on meds.** In Africa and parts of Asia and South America, it may be wise to pack medications to prevent malaria. Antibiotics might also be a good addition to your luggage when you travel to developing countries. And don't forget any over-the-counter medications you like for pain relief, digestive troubles and other common ailments—they may be hard to find at your destination.
- **Be careful with your food and water.** Especially careful. Everything from harmful bacteria to hepatitis A can be spread through the food system, so if you're traveling to a developing country, you'll want to be especially careful about what you ingest. That means avoiding raw or undercooked foods and anything but bottled water for drinking and brushing teeth. You may also want to be careful about where you swim or bathe, as unsafe water can harbor parasites and diseases that you can contract simply by immersing yourself in them.
- **Watch out for bugs.** Mosquitoes, ticks and other insects are incredibly efficient modes of transmitting disease. If you're traveling to an area where mosquitoes (and malaria) are prevalent, bring along insect repellent along with your anti-malarial drugs—and don't forget to wear pants and long-sleeved shirts, and tuck your pant legs into your socks to minimize your chances of hitchhiking ticks.

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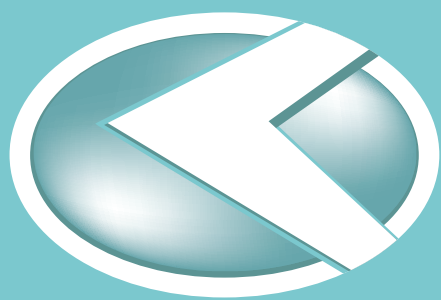
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**DR. LABIB RIACHI**

conditions ranging from advanced urinary incontinence to bladder, vaginal and rectal prolapse, which are caused by a weakening of the internal pelvic support structures.

They enter Dr. Riachi's urogynecology office ashamed and desperate. They depart with the smiles that come with knowing that they are hardly alone...and that they have come to the right place.

Dr. Riachi has pioneered Total Vaginal Mesh Plasty (TVM), a procedure that corrects prolapse under regional anesthesia. The success rate compares to that of traditional surgeries, which involve a much more invasive abdominal incision. TVM takes a far less invasive approach; patients typically can return home within 24 hours and resume normal activities much quicker than if they had undergone traditional surgery. "TVM corrects a condition that steals from women their dignity," Dr. Riachi explains. "Often the physical discomfort of prolapse is nothing compared to the

emotional pain and embarrassment. The subject is so taboo that patients will keep it to themselves for years rather than seeking treatment."

Of equal taboo to women is stress urinary incontinence – the leaking of urine that takes place when the woman coughs, sneezes, or even laughs. "This is a condition that has no boundaries. I've treated a 22-year-old mother who had just given birth, all the way up to a 97-year-old woman who has lived with the condition for many years," he explains.

Stress urinary incontinence is also treated with a minimally invasive surgical technique by Dr. Riachi. "The TVT-Obturator (TVT-O) procedure has allowed thousands of women in New Jersey to be relieved of the burden of incontinence. With a five-minute procedure we can solve a problem that many have endured for years," he states. During TVT-O surgery a small piece of synthetic material is used to create a "sling" that provides crucial support of the mid urethra. The success rate is in excess of 90 percent, and the patient can typically return home just a few hours following surgery.

More than 500 surgeons from throughout the world have been trained by Dr. Riachi to perform both the TVM and TVT-O procedures. **EDGE**

**Editor's Note:** In a recent poll of nurses by *New Jersey Monthly*, Labib Riachi, MD, FACOG, was ranked among the state's 180 best doctors. He was the only urogynecologist to make the cut. For more information on TVM and TVT-O procedures, log onto [www.RiachiSurgery.com](http://www.RiachiSurgery.com).

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# EDGE

## interview

### Dennis Foy



In 1974, when Alice Waters's Chez Panisse was a toddler, a young chef named **DENNIS FOY** opened a restaurant some 3,000 miles from the mecca in Berkeley, California that was setting a new standard for dining in America. Located in Meyersville—thought of in those days as west of nowhere—the Tarragon Tree drew people curious about a way of cooking that was ingredient-focused, seasonal and dependent on the nearest farmers. Technique was critical but, like Waters

and her foraged-food menus, Foy couldn't, and wouldn't, write his bill of fare until he'd made the rounds of local farms.

Foy's philosophy remained the same as he moved Tarragon Tree from Meyersville to Chatham, opened Les Delices in Whippany with his brother, John, and crossed the Hudson to Manhattan, where he widened his audience with Mondrian. There were other restaurants: Toto, Townsquare, casual Shore spots

in Bay Head and Point Pleasant Beach, as well as EQ and Dennis Foy in New York, both in partnership with his wife, Estella Quinones. He often shared his kitchen space, as well as his experience and passion for local fare, with novice chefs—who themselves made serious marks on American cuisine, including the top judge of "Top Chef," Tom Colicchio, and James Beard Award winners Debbie Ponzek and Craig Shelton. Foy also kicked in his two cents as consulting chef on major restaurants in New Jersey.

Now, after heart surgery and recovery, after a successful series of gallery shows that put the chef's paintings in the spotlight, Foy's back full-time in New Jersey. He and Estella last fall bought and re-fashioned the former Lawrenceville Inn, christening it Dennis Foy. This year, the chef and painter added another job to his résumé: student. He's taking classes at the University of Pennsylvania in Philadelphia. **ANDREA CLURFELD** caught up with him between kitchen shifts and classes.

**EDGE:** For those who don't know you are the granddaddy of modern American food in New Jersey, talk a bit about your early restaurants.

**DF:** In 1974, when we opened Tarragon Tree in Meyersville, there was a farm nearby where we'd get eggs still warm. That's what we did—go from this farm to that farm. When we moved Tarragon Tree to Chatham, we kept that focus. In 1978, I also did Les Delices with my brother. Tarragon Tree was a precursor, really, to any modern restaurant in America. Out of that, I built other restaurants that helped to change food in America. It was a great time. The people who came to the restaurants and came through the kitchens were some of

the biggest names in food. Critics, chefs. A lot of menus today are written the way I started writing menus back in the 1970s, early 1980s.

**EDGE:** You gave Tom Colicchio, a Jersey boy, his big break.

**DF:** Tom was my sous chef at Mondrian. I hired him because I knew him, knew his potential. A lot was happening in those days; I was also opening Toto, in Summit. Still doing Tarragon Tree.

**EDGE:** And you were hiring Debbie Ponzek and Craig Shelton.

**DF:** Debbie Ponzek [later the Beard Award-winning chef at Montrachet in New York] did a stage at Tarragon Tree. I just love her. She's a great talent, a great person, a great chef. She learned everything, worked hard and deserves every bit of her success. Debbie will tell you I drilled her. But she learned how to run a kitchen and how to cook. Craig Shelton [former chef-owner of Ryland Inn, Whitehouse, and another Beard Award winner] was a gifted, talented chef. Very bright, well educated. We all were committed to our belief systems and very devoted to doing it right. I have been very fortunate to always have had a great deal of talent around me.

**EDGE:** Today, the buzzwords in food are local, sustainable and organic. Does that seem old hat to you?

**DF:** What's really wild is that I'm returning to my roots— to what I was doing at Tarragon Tree in 1974. Getting eggs warm from the nest. Finding berries in the woods. Having people bring us things—wild things, berries, mushrooms—because they see what we're doing. We've come full circle. So that is nothing new to me. The seasonality of food always has to be second nature; it has to be a natural reaction. It's funny to remember this now, but back then, the Frelinghuysens used to bring me beefsteak tomatoes from their gardens every summer. My customers just did that, back in Meyersville and Chatham.

**EDGE:** How are you bringing local farms to your table at Dennis Foy in Lawrenceville today?

**DF:** The new menu literally is designed to be farm-to-table food. We found a guy who has black honey. Great stuff. We showcase it. Right near us are three farms. Two orchards. I feel almost like I'm back in the pool I first dove into in 1974. I source a lot of my produce through Nature's Reward, the produce market over on Bridge Avenue in Point Pleasant; I've worked with them for years, going back to my places in

Bay Head and Point Pleasant. It's the best. I'll go out of my way to go there.

**EDGE:** Have farmers become savvy?

**DF:** I think they have. There are farmers with serious degrees in agriculture and animal husbandry. New Jersey has some of the top growers. I think that if people become more attuned to what's happening, the concept of the small farm can be reinvented. You don't need big spreads. Just the right crops. The bottom line is that the farm-to-table concept is good economy—for both sides.

**EDGE:** How does all this Jersey bounty influence your cooking?

**DF:** I buy every day. So it's basic. Keep it simple, keep it color-coded, keep it organic. It's like the Depression-era mothers who made the most of their gardens.

**EDGE:** So you think this has legs, that there's a future to local-sustainable-organic—for the home cook and for restaurants?

**DF:** Absolutely. Lately I've been thinking a lot about how full circle this has come for me. I'm surprised, but not surprised to be realizing that everything old is new again. Look at it this way: If you have your own victory garden, you're a step ahead. Having that food in your backyard will make you recalibrate your diet in a good way. That could be a big change. Frankly, I don't think there's much new that's going to come down the road for restaurants. Gradual influences, not major changes. It's great that so many different cultures are coming to America and adding ideas to menus.

**EDGE:** What's on the menu these days at Dennis Foy?

**DF:** I'm cooking more simply, but bringing out more flavor in my ingredients. I spent the past year recovering from heart surgery. I ate fairly well, and I still eat well. But I'm more focused today. I'd love to have, say, two elements on a plate. Two absolutely pristine things. Sea scallops from Point Pleasant with a parsnip cream. Just a touch of a balsamic reduction. That's it. Pristine, elegant. I'm not doing frou-frou food. I started getting ice cream, the best ice cream, from Jerry Reilly, who runs Halo Farm [in Mercer County]. I taste his ice cream and I'm totally blown away. I've been in New Jersey 35 years and I'm still discovering what's here. **EDGE**

**Editor's Note:** Dennis Foy is located at 2691 Main St., Lawrenceville. Telephone: 609. 219. 1900.

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A woman with long dark hair, wearing a black sleeveless dress with a lace bodice and a black skirt, stands with her hands on her hips on a gravel path. The path is flanked by meticulously manicured, rounded hedges. In the background, there are large, leafless trees and a white picket fence. The overall scene is a formal garden, likely at Liberty Hall in Union, New Jersey.

# Path to Liberty

Photography by Nadine Raphael

*Many historic sites claim to link past, present and future. But really, how many can back up that boast as well as Liberty Hall in Union? Martha Washington slept here. Its gardens are more awe-inspiring today than when they were initially conceived. And a stone's throw from the property's exquisite boxwood maze is the Kean University campus, where the great young minds of 21st Century New Jersey are incubating (and playing Ultimate Frisbee). The men of Liberty Hall—including our first governor—may be the ones history remembers. Yet as any historian can tell you, it was the courageous, free-thinking women of the house who truly made it a home.*

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## CANDLE POWER

Dress: **MANDALAY** available at **COCO PARI**, Red Bank • Makeup Colors: **BOBBI BROWN** Lip Color in Pink • Jewelry: Crystal and silver necklace and bracelet, turn of the century travel jewelry on loan to the museum from Mr. and Mrs. John Kean





**DESK JOB**

Dress: **MANDALAY** available at **COCO PARI**, Red Bank • Shoes: **NINA** available at **LORD & TAYLOR** • Makeup Colors: **BOBBI BROWN** Blush in Pale Pink



## FAN CLUB

Dress: **MANDALAY** available at **COCO PARI**, Red Bank • Shoes: **BCBG** available at **LORD & TAYLOR** • Makeup Colors: **BOBBI BROWN** Long-Wear Gel Eyeliner in Black Ink • Jewelry: 18 kt yellow gold Italian dangle earrings with different shaped citrines designed by **A & FURST** in their Marrakech collection; 18 kt rose gold ring in vortex style designed by **RODNEY RAYNOR** of England with a 22 carat briolette amethyst and 3.50 carats in pavé set amethysts available at **LEONARDO JEWELERS**



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Jewelry: Emerald travel bracelet, on loan to the  
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Melissa Napoleon  
New York Model Management

### *Make-up:*

Lauren Nitti of Whitehall  
Media Productions

### *Hair:*

Nadine Raphael of Whitehall  
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### *Stylists:*

Nadine Raphael and Lauren Nitti

### *Digital Retouching:*

Dan Jackson of DJStudios

### *Photo Assistant:*

Poliana DeVane

### *Production:*

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### *Dress:*

Courtesy of Coco Pari, Red Bank, NJ

### *Shoes:*

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### *Jewelry:*

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### *Location:*

Liberty Hall Museum in Union, NJ

*Special thanks to Bill Schroh, Jr., Susan Garino, and Rachel Goldberg of Kean/Liberty Hall Staff; Briana Kellem of Coco Pari in Red Bank; Yolanda Chestnut, business manager of Bobbi Brown in Lord and Taylor of Westfield; Michelle Cousoullis of Lord and Taylor of Westfield; Lourdes Zeik-Chivi of Leonardo Jewelers; Dana Cullen of New York Model Management; Ellie McNeal, for being so artistically engaged, enthusiastic and downright adorable.*

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# Picking It Old-School

*Environmentalism in Jersey is rooted in the 18th Century*

by Renee Parker

**L**iberty Hall in Union, the setting for this issue's fashion shoot, was at the epicenter of the green movement when the Redcoats still ran New Jersey. Back in the day, gentleman farmers like William Livingston were at the forefront of the nascent field of agronomy. They had the means and motivation to explore the science of cultivation, increasing the yield and quality of their crops while embracing the native environment.



When he wasn't busy signing the U.S. Constitution or tending to affairs of state as the state's first governor, Livingston was swapping seeds and stories with the likes of George Washington and his son-in-law, John Jay. Livingston also corresponded with progressive gardeners in England and France. Subsequent owners continued to tinker with nature, right through to Stewart B. Kean, an original benefactor of the 1772 Foundation, which was launched in 2002. The organization provides financial support for projects that include innovative approaches to sustainable food systems, urban agriculture and historic sites that promote agricultural education. **EDGE**

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# NJ2012

*According to the Mayan calendar, on December 21, 2012, the world will come to an end. Deep down, no one really buys into this apocalyptic vision. However, it would be nice to think that New Jersey is moving away from impending doom, rather than towards it. So, the question is: Are we?*

by Zack Burgess

**W**hen out-of-towners think of New Jersey, they tend to picture belching smokestacks, floating medical waste and other less-than-complimentary images. Unfair as that may be, the state does have a reputation for contributing more than its fair share to the world's pollution problem. More and more, however, we hear that New Jersey is actually a leader in the Green Movement. Everyone, it seems—from cities to businesses to individual citizens—is focused on reducing our collective carbon footprint, protecting our precious resources and promoting sustainability. Granted, there is often a credibility gap between saying you're green and putting your money where your mouth is. But as this snapshot of "where we are" shows, in many important (and surprising) ways, the Garden State really *is* living up to its name.

Change is never easy, especially when it comes with a price tag. And make no mistake, the initial cost of going green can be steep. Yet slowly but surely, what was once a polarizing issue is becoming a foundational one. The poster child for environmental sustainability no longer sports a beard and sandals. More often than not, it's a guy like Mike Kerwin.

Kerwin is the CEO of the Somerset County Business Partnership and founder of the state's first Energy Council. He has been at the forefront of leading the effort to make New Jersey green. Whether it's convincing people to walk, bike, use mass transit, bring their own bags to the grocery store or reuse water bottles, he has been committed to teaching the masses how to live more environmentally friendly.

Kerwin himself sees the change. Where he once found himself lecturing people on *why* it's important to live green, he now spends a lot of time providing answers to inquisitive New Jerseyans on how to embrace a cleaner, healthier and more environmentally responsible lifestyle. While everyone is still watching their pennies these days, there is a general acceptance that the added cost (and effort) required to achieve these goals is worth it in the long run.

"I definitely notice that younger people—starting with my

own kids—seem to embrace it," says Kerwin of going green. "I think it's going to be a generational shift. I think ultimately there is going to be a demand for some lifestyle changes. And I think the older generation will follow suit. The case has been made that change *has* to be made."

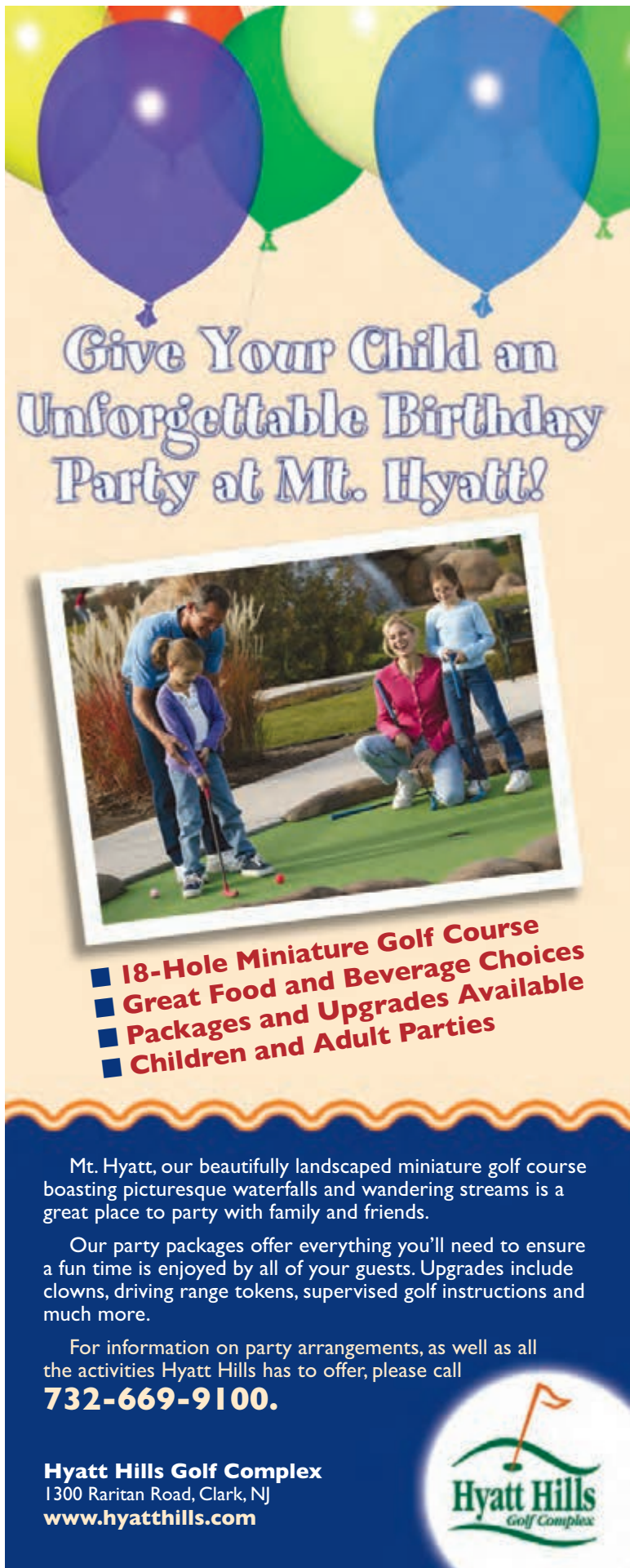
## OLD DOGS, NEW TRICKS

One of the most daunting obstacles to the greening of New Jersey is breaking old habits. The same person who dutifully recycles plastic bags or keeps their tires perfectly inflated

## On the Home Front

When it comes to implementing environmentally friendly fixes at home, the question usually comes down to: What's the payback cycle? This calculation takes into account a number of factors, but tends to focus on the monthly cost and lifespan of a product, weighed against the price of purchase and installation. Lately, Photovoltaic Panels have been getting a lot of attention. This technology uses silicon wafers that convert sunlight directly into electricity. If they produce more than you need, you can sell it back to the grid. The payback cycle is getting very good on Photovoltaic Panels, and it is definitely something everyone should be looking at. Something else you're beginning to hear a lot about is Green Roof Technology, which both insulates and creates a pleasant green space or garden. For the right type of structure, the benefits are very real right now. Of course, the best way to reduce your carbon footprint is by going after the low-hanging fruit—adding insulation, plugging joints and gaps, opening the windows in pleasant weather, shutting the fridge door, turning off the computer, using natural light instead of electricity, etc. It comes down to retraining and reeducating ourselves to tweak our lifestyles in environmentally friendly ways. That's when the big win will come.

*Robert Kellner*



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may be completely resistant to a resource-preserving technology that simply rubs people the wrong way.

Ted Carey knows all too well what it feels like to bump up against logic-defying behavior. His Hillsdale company, C&C Service, markets and installs LaundryPure, a device installed above the washing machine that uses the hydrogen contained in tap water to eliminate the need for hot water and laundry detergent. It saves money. It saves energy. It extends the life of clothing. And from a cost-to-benefit standpoint, the \$450 LaundryPure amortizes itself in less than two years. You'd think by now every home would have one, and that Carey would be sipping Mai Tais on some beach overlooking a secluded tropical lagoon. There is just one problem.

"The promise that the unit makes is so great, that there is a natural skepticism," he says. "Madison Avenue has

indoctrinated us to believe that you need bleach and detergent in order to have clean clothes. And when something seems too good to be true, we have a tendency to move away from it."

"We need to give a unit to Oprah," Carey laughs.

### CAR TALK

Perhaps the ultimate test of our willingness to flip the switch on the status quo is the environmentally friendly automobile. America's car culture is deeply embedded in New Jersey. Look around the next time you're stuck at a stoplight. Almost everyone is driving something smelly, noisy, big—or some combination of the three. At what point will Garden Staters embrace hybrids like the Prius or Volt, or the battery-powered Leaf? (Note to Nissan: Real men may not drive a car called the Leaf.)



**GRIP IT & RIP IT** The verdant Hyatt Hills Golf Complex, situated on the borders of Clark and Cranford, was once a condemned brown site. Now it counts among its accolades the NJTA's Environmental Stewardship Award. Hyatt Hills was reclaimed and transformed into a destination for golfers and their families, with first-rate teaching pros and fine dining.

## Is Public Transit the Answer?

It's a fair question. With 1,170 human beings per square mile, New Jersey is the most densely populated state in the union. In that regard, it possesses tremendous unrealized potential for environmental (as well as economic) benefits from mass transportation. The \$8.7 billion Mass Transportation Tunnel under the Hudson River—the state's first tunnel project in generations—will double the number of rush hour trains headed into and out of Manhattan, taking countless automobiles off the road. However, it does not address the fact that New Jersey's public transportation system is geared almost entirely to serve the needs of New York City and Philadelphia. It should come as no surprise to in-state commuters that almost every major chronic traffic jam in New Jersey is on a road with little or no public transit. And in some parts of the state, to go 10 miles by bus as the crow flies requires a 100-mile trip! The fixes can be simple and inexpensive—a fraction of new road or rail construction. All that is required is a little political will.

*Joshua Leinsdorf*

## Playing It Smart

You know the green movement is gaining real ground when New Jersey's utility companies start getting in on the act. Close to home, Elizabethtown Gas, which serves several of the state's most populous counties (including Union), has put a lot of time and money into its "energySMART" program, which helps homeowners reduce their carbon footprint and save thousands through lower bills and bigger rebates. Certified technicians assess each home and determine the most beneficial energy investment option and the state's Clean Energy Program (NJCEP) reimburses the \$125 cost. "Combined with the incentives offered by New Jersey's Clean Energy Program," says Elizabethtown Gas VP & General Manager Don Carter, "our customers can enjoy cost savings while becoming a part of the solution for the 2020 greenhouse gas emission goals of the state."

The numbers are too premature to draw any lasting conclusions, but what does exist may raise a few eyebrows. Toyota dealerships like the one in Cherry Hill reported that they were having a hard time moving the Prius—and that was before the mother company's PR nightmare. In 2008, New Jersey ranked 11th in hybrid vehicles sold, with 6,072, despite being the 9th-most populous state. According to the salespeople in Cherry Hill, the vast majority of New Jerseyans are still in love with their SUVs, and have a hard time with the concept of plugging in a car at night.

The idea of not being able to go out and just start your car immediately is still viewed as a hassle versus a benefit. Not to mention that there are conversion steps the average home must undergo before it can support a hybrid vehicle.

### GROWING PAINS

We are what we eat. Countless studies support this old axiom. Although only a small percentage of fruit, vegetables and dairy grown in the Garden State is organic, that number has been rising dramatically as New Jersey consumers are becoming wise to the real cost of food grown with the help of chemicals, or trucked in from thousands of miles away. Business is booming at the state's beloved produce stands, many of which feature organic goods. Meanwhile, the major grocery chains are devoting more and more space to these products. Some even have organic house brands.

All told, sales of organic foods have seen double-digit percentage increases each year for more than a decade, with some years well over 20 percent. It's a drop in the bucket, of course, but anything that heightens consumers' awareness of the bigger environmental picture—especially in such personal terms—is a step in the right direction.

Stephen McDonald would certainly agree. He founded Applegate Farms, a Bridgewater-based natural foods business, 22 years ago. Back then he and his peers seemed to be fighting a losing battle against that other McDonald's. Today, Applegate Farms has grown from a niche market in the health-food category to mainstream markets all across the state.

McDonald credits the growth of his business and others like it to the fact that New Jersey shoppers are making informed



choices about what they feed their families—significantly more informed than even a decade ago. “When you walk into a store you want to understand how it was made, and what’s in it and what is not in it,” he explains, adding that “you can eat less and eat better, and it doesn’t have to cost you any more money. And it’s better for your diet. What excites us is that people are learning and becoming more engaged.”

## LEARNED BEHAVIOR

Of course, a major component of changing our long-term relationship with the earth depends on setting a good example for our children. In this regard, New Jersey schools are getting with the plan. Most if not all of the major additions and renovations that have occurred in recent years have embraced some aspect of green sensibility. One of the early trend-setters was the Willow School in Peapack-Gladstone, built from the ground up in 2001.

Most of the school was constructed with salvaged and recycled materials. From the wooden beams that hold up the walls to the stonework that graces the steps, much



**10 YEARS AFTER** In the 1990s, the site occupied by the Jersey Gardens Outlet Mall in Elizabeth was just another scar on the industrial landscape. Today, Jersey Gardens boasts more than 1,500 trees—and one of the highest retail occupancy rates in the nation. Even the most ardent visionary could not have anticipated a Lord & Taylor storefront on the former brownfield.

of the physical plant is experiencing a second coming of sorts. Solar panels have cut energy bills by as much as 70 percent, while rainwater is recycled in a filtering tank and stored for everything but drinking water. The school even has a lunchtime garden on-site. Head of School Kate Walsh is quick to point out an added benefit to going green: an enhanced learning environment.

“There’s sort of a peaceful easiness in our classrooms,” she says. “We keep cool with a lot of natural air and natural light. We don’t have a lot of sickness. It’s a very healthy environment. There are no toxins, so the kids are basically healthy and the energy is really nice. What we teach our children is that they need to be responsible decision-makers as they live in the world.”

## FINDING THE RIGHT MIX

Ultimately, the agent for green change in New Jersey will be a mix of common sense and economic survival. As Randall Solomon, Executive Director of the New Jersey Sustainable State Institute at Rutgers, points out, “We want to make sure the foundation of our economy and our standard of living is built on a stable foundation that will last into the future.”

As for the Mayans, one might be tempted to say that they could have used a smart guy like Solomon to give them a heads-up when their society began crumbling. Then again, New Jersey might do well to take a hard look back at the lessons learned by that vanished civilization. There are some haunting parallels.

Yes, we’ll make it past 2012 all right. But the next time you find yourself complaining about food and water shortages, skyrocketing fuel prices, overbuilding and overpopulation, it might be worth remembering that in responsible, proactive stewardship of the environment lies the key to the future of the state. **EDGE**

**Editor’s Note:** Zack Burgess is the Assignments Editor for EDGE. He decided to tackle this assignment himself—with assists from architect Bob Kellner and transportation expert Josh Leinsdorf. For more information on the energySMART program call (866) NJ-SMART.

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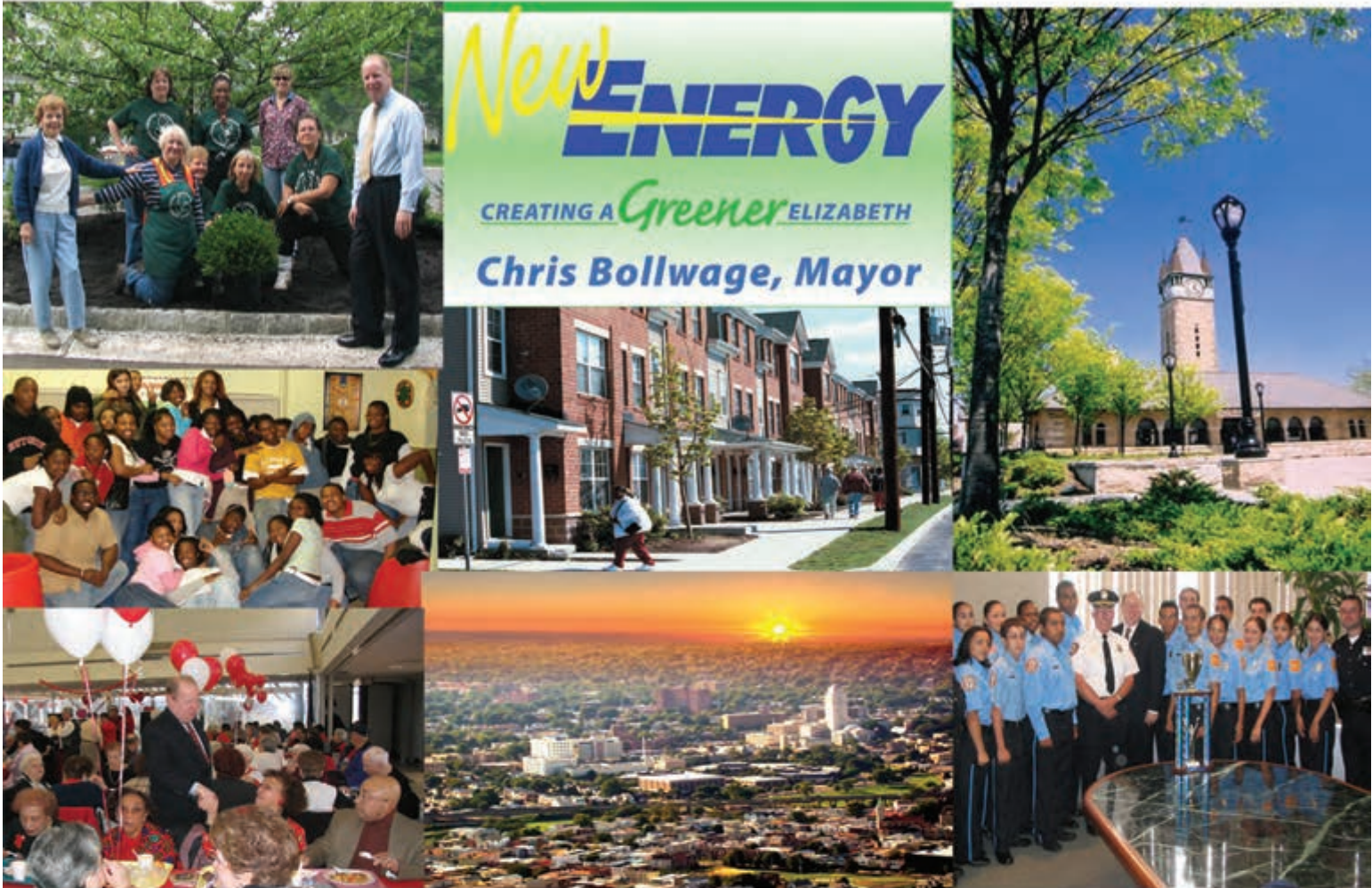
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# Community Events

*Unless otherwise noted, all programs are held in the Physicians Conference Room, Lower Level, Administrative Services Building, Trinitas Regional Medical Center, 210 Williamson Street, Elizabeth, New Jersey.  
To register for any of these programs, call (908) 994 - 8939.  
Programs are subject to change.*

## SEMINARS

**WEDNESDAY, MARCH 3**  
6:00 – 8:00 pm

### **Eating Disorders: What Every Parent Needs to Know**

*BARBARA K. SNYDER, MD*  
ADOLESCENT MEDICINE  
TRINITAS REGIONAL MEDICAL CENTER  
HOMWOOD SUITES BY HILTON, COACHMAN ROOM  
2 JACKSON DRIVE, CRANFORD, NEW JERSEY 07016

**THURSDAY, MARCH 18**  
10:30 am – 12 noon

### **Stress Management**

PRESENTED BY AMERIGROUP

**TUESDAY, MARCH 23**  
10:00 am – 11:30 am

### **Fibromyalgia: Treatment Options and Self-Management**

*JAMES DUNLEAVY*  
REGISTERED PHYSICAL THERAPIST DIRECTOR  
TRINITAS HEALTH & REHABILITATION CENTER

**TUESDAY, MARCH 23**  
6:00 – 8:00 pm

### **Let's Talk about Women's Taboo Issues: Prolapse and Incontinence**

*LABIB E. RIACHI, MD*  
TRINITAS REGIONAL MEDICAL CENTER  
AVE UNION  
KORMAN COMMUNITIES  
1070 MORRIS AVE.  
UNION, NEW JERSEY



**WEDNESDAY, MARCH 24**  
1:00 – 2:00 pm

### **Diet Myths: How to Read Labels and Ingredients**

*MICHELLE ALI*  
REGISTERED DIETITIAN  
TRINITAS REGIONAL MEDICAL CENTER

## SPECIAL EVENTS OF TRINITAS HEALTH FOUNDATION

**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

**MONDAY, JUNE 21, 2010**

### **2nd Annual Andrew H. Campbell Memorial Sporting Clays Tournament**

HUDSON FARM  
ANDOVER, NEW JERSEY

**MONDAY, SEPTEMBER 13, 2010**

### **Golf Classic & Spa Day**

SHACKAMAXON GOLF & COUNTRY CLUB  
SCOTCH PLAINS, NEW JERSEY



**SATURDAY, NOVEMBER 6, 2010**

### **7th Annual Evening at the Races**

PEGASUS RESTAURANT - MEADOWLANDS RACETRACK

*Proceeds from these events benefit the patients of Trinitas Regional Medical Center. For more information or reservations for these events, call Laura Ciraco, (908) 994 – 8249 or [lciraco@trinitas.org](mailto:lciraco@trinitas.org)*

## 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 28, APRIL 29, JULY 29, OCTOBER 28  
7:00 PM – 9:00 PM  
(908) 994 – 8694 TO REGISTER

## 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.

# Community Events

## Made For Me Boutique

### BILINGUAL

Wigs and accessories for cancer survivors.

APPOINTMENTS ONLY. (908) 994 - 8244 TO REGISTER

## “Ask the Pharmacist”: Medication Management

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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  
9:00 am - 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  
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## Pediatric Advance Life Support Programs

Monthly  
Dates vary. Contact training center

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Trinitas WIC (Women, Infants and Children) is a supplemental nutrition program sponsored by the United States Department of Agriculture (USDA). Services are for women of Union County who are pregnant or who are breastfeeding as well as for infants and children up to five years of age. In addition to healthy foods, services include nutrition and breastfeeding education, farmer's market produce (July - October) and referrals.

For program information, call (908) 994 - 5141 or email: WIC@trinitas.org

For breastfeeding services, call (908) 994 - 5142

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In celebration of entering its fifth decade, **LEONARDO JEWELERS** of Elizabeth, New Jersey will host a day of fun featuring a spectacular collection of **ROLEX** watches. The event will be held on April 5, 2010, from 2 PM until 8 PM at its Elizabeth store on 829 Elizabeth Ave. Persons will be able to purchase a new watch with 12 months interest free as well as “trade in” their older Rolex watch for a new Rolex watch. Leonardo Jewelers also will donate a portion of the proceeds to Trinitas Hospital.

Leonardo Jewelers is proud to observe this milestone by joining with its long-term partner, Rolex Watch. Although the store is commemorating its fifth decade, it is also celebrating the beginning of its fourth decade with this world-renown watchmaker. As such, they will offer on that night an amazing collection of Rolex watches to choose from. Ivette Fernicola, one of the owners of Leonardo adds, “It is truly a great opportunity to trade up while helping a great cause—Trinitas Hospital.”

Leonardo Jewelers has been in business since the early 1960s. Leonardo Zeik, a Cuban immigrant who had just arrived in the United States, founded the business. He arrived here penniless with four young children and a wife, but had a keen focus on great customer service and an orientation that led him to do his part in helping the then-struggling Cuban community. Today, all of Mr. Zeik’s five children own and operate the business. They continue to focus on providing customers spectacular service, excellent products, and a wide assortment of choice. And they remain committed to Elizabeth, the town where their business was founded.

Leonardo Jewelers today has two stores, one in Red Bank and the other in Elizabeth. It is considered one of New Jersey’s leading jewelers. It has been recognized as one of North America’s leading watch retailers. It was also one of the first independent jewelers to directly import fabulous Italian jewelry and was the first to offer multicolor South Sea pearls.

“We are a trend-setter in the jewelry business,” says Vivian Zeik-Leonard, one of the owners of store. “We are always looking to find the intersection between great fashion, spectacular design, and price. This, coupled with great family-inspired customer service is what sets us apart.”

For more information about this event, please visit Leonardo Jewelers’ website at [www.leonardojewelers.com](http://www.leonardojewelers.com). RSVP at <http://leonardojewelers/rsvp/decade>.



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Oyster Perpetual 41mm Day-Date II in yellow gold with black wave Arabic dial and President bracelet



Oyster Perpetual 41mm Datejust II in stainless steel and yellow gold with Oyster bracelet

\*Subject to credit availability

# EDGE PEOPLE

## DANCE FEVER

Thousands of Penn State students, families and alumni participate in the annual Penn State IFC/Panhellenic Dance Marathon, affectionately known as THON. The February event is the largest student-run philanthropy in the world. The New Jersey Alumni Association is very active in THON, and serves more than 10,000 Penn State graduates in the Garden State.



## MUSIC TO HER EARS

Patricia Lopez shows off a dream come true: 10 tickets to a performance at the Izod Center by Italian tenor Andrea Bocelli. A community volunteer for two decades—and a cancer survivor who has been treated at Trinitas Comprehensive Cancer Center—Pat received the tickets through the Trinitas Health Foundation's One Gift award program.



## LIFE IS A CABARET

NJPAC's Prudential Hall was transformed into a grand cabaret for The Women's Association of NJPAC's Spotlight Gala, which raised over \$1 million for the Arts Center. The event featured a performance by Broadway star Christine Ebersole (c.), who is pictured with Dennis Brownlee and Gabriella M. Morris. Photo by Chris Lee.



## HANDS-ON OPENING

The staff of Massage Envy celebrates the opening of its Short Hills location. On hand were (l. to r.) Short Hills Chamber of Commerce Director Karole McNulty, Massage Envy Clinic Administrator Stephanie Montgomery, Mayor Sandra Haimoff of Short Hills, and Elyse Ford and Dr. John Ford, the owners of Short Hills Massage Envy.



## SMALL WONDER

The brightest lights in New Jersey Thoroughbred Racing and Education gathered at the Blue Bay Inn, a boutique hotel in Atlantic Highlands, to support Brookdale Community College's "Jockey Through Life" scholarship fund. After dropping out of high school, champion jockey Jacquie Dalton-Fiorito—pictured here with Dennis Drazin—earned her GED and associate's degree through Brookdale, and then went on to graduate *magna cum laude* from Northwestern University. She started the fund to help others in her field. Photo by Lily Kennedy.

## IN THE ABSTRACT

The Newark Museum opened *Constructive Spirit: Abstract Art in South and North America, 1920s-50s* to great fanfare in February. Gathering at a media event to announce the exhibit are Newark Museum Chair Arlene Lieberman, Brazilian Consul General Osmar Chohfi, Newark Museum Director Mary Sue Sweeney Price, and Mary Kate O'Hare, Associate Curator of American Art at the Newark Museum and Curator of *Constructive Spirit*. Photo by Dan Hedden.



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