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ISSUE



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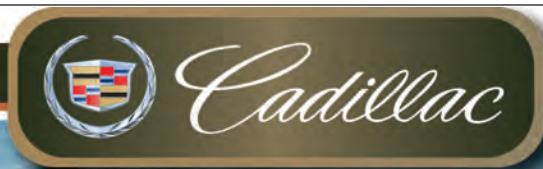
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Jewelry: Sterling silver domed ring with 5 pavé set diamond circles totaling 0.39cts. and rimmed in black rhodium

#### ON THE RIGHT

Dress: **IRINA SHABAYEVA** Gold Fire Lamé Gown with Swarovski Crystal Detail  
Jewelry: 18k yellow gold **CHIMENTO** Boule collection necklace with a faceted Citrine quartz and accent diamonds;  
18 k yellow gold **CHIMENTO** Lyra collection ring with rose gold and 0.69cts. in pavé set white diamonds



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## President's Message

As we turn the page on 2010 and move undaunted into 2011, what better time to recognize milestones and celebrate new beginnings here at Trinitas? It's remarkable to think that we are starting our second decade of providing quality healthcare to the Central New Jersey region! Almost on cue, Trinitas began making headlines just 18 seconds into the new year when Jocelyn Skye Humphrey (featured in our PEOPLE pages) was the first baby born in New Jersey.



The theme of this issue—"Fire and Ice"—is also the beginning of something new. It recognizes an exciting partnership between EDGE and fashion designer Irina Shabayeva. If you watch TV's *Project Runway*, you know who she is. If you don't, well, you'll be hearing a lot about her in 2011. EDGE is sponsoring Irina at Fashion Week in New York this February, and EDGE readers get an exclusive first look at her Fire and Ice collection starting on page 55.

The Fire and Ice issue marks the start of our third year of publication. We've prepared a menu of great features, including the ultimate compendium of what makes New Jersey so cool, and why tablet computing is so hot. And, as always, we bring you vital health and wellness information in our Healthy Edge section.

Finally, I'd like to extend a dual *thank you* to our advertisers and our readers. Without the relationships you've built together—and your fantastic support of EDGE these past two years—we could not have enjoyed the unprecedented growth that has made us one of the country's most talked-about magazine success stories.

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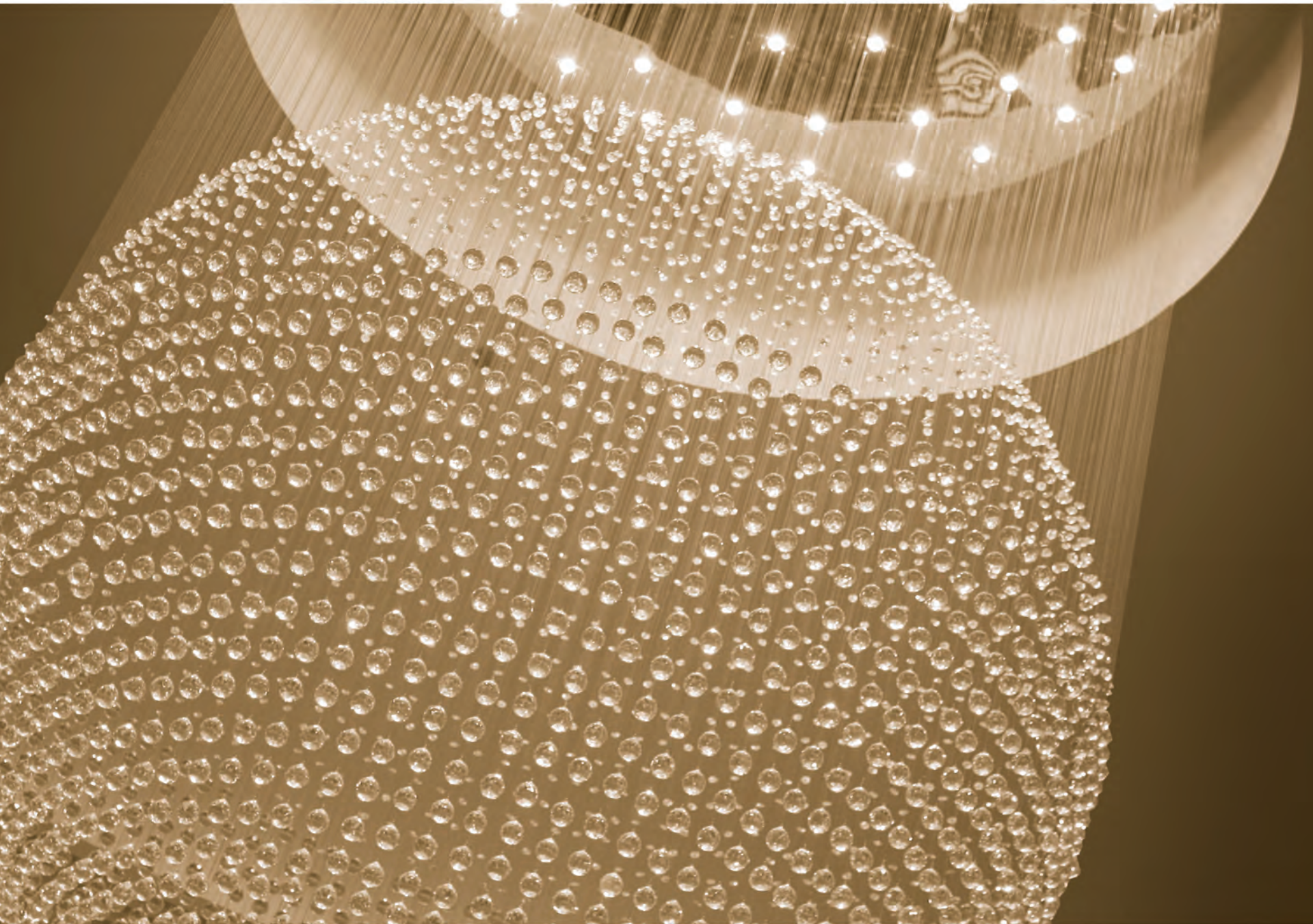
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# Warming Trend

## *Taking the Chill Out of Home Cooking*

by Andrea Clurfeld

There are two kinds of home cooking. There is the home cooking that involves chopping and miles of counter space, measuring and splatter stains on the stove, heaving heavy pots and brandishing Brillo pads, finding the Microplane and losing time for a siesta. Simmering can describe the scene, from the time you issue an invitation until you pay the dry cleaner for getting red-wine stains out of grandma's linens. This suits some folks. It suits them well. It even makes them happy.

Then there is the "home" cooking that involves smart shopping. It makes you happy *and* allows you to retain control of your life. It's home cooking with help. It requires little more than sourcing ingredients that ease food preparation.

Whether you have a designer-showcase kitchen or little more than a galley, smart shopping is the means to a

delicious end—particularly when you have neither the time nor inclination for the whole-nine-yards process. Exhale. This is fine. This is permissible. This is also fun.

I know because I recently enjoyed mining a number of Union County's best specialty food shops with an eye toward short-cutting the dinner party process. I bought a bounty of food—from raw ingredients to partially prepared options to ready-to-eat dishes—and saw what I could do with them. While I was shopping, I also picked up tips from fellow foragers who told me about a couple of restaurants they'd used as sources for takeout...and turned that takeout into smashingly successful dinner parties.

A bounty, indeed. So, come shop with me. I'm sure when you step inside each of these six shops (and the two recommended restaurants), ideas will bubble to the top.



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## Alan's Orchard • Westfield

The new center of the locavore movement in these parts, Alan's Orchards opened in September. It is owner Alan Weinberg's intent to sell food—from *poussin* and grass-fed beef to in-season vegetables and cheese—all produced within a 150-mile radius. Enter the tidy and inspiring 1,000-square-foot shop and you'll see that New Jersey's got it going when it comes to quality ingredients.

Pick a Griggstown Quail Farm's chicken pot pie and rely on that as the centerpiece for a supper with friends. Snag a couple of cheeses from Valley Shepherd Creamery, just outside Long Valley, and partner them with Baker's Bounty breads (typically found at New York's famed Union Square Greenmarket) for starters. Buy whatever in-season fruits Alan has in store and make a warm compote drizzled with a local honey. Or choose a ready-made fruit pie and serve it with the frozen yogurt sold here.

If you're more ambitious, roast one of Griggstown's chickens or *poussins* or break out the grill for a loin of pork from the High Hope Farms division of Ted Blew's Oak Grove Farm in Pittstown. Alan's happy to direct folks in need of certain seasonings and condiments to the Trader Joe's in town. Two-stop shopping isn't bad at all. But thanks to the high quality of the ingredients, you'll need to do very, very little to make a big impression on your guests.



## Union Pork Store • Union

The sausage capital of the East Coast is owned and operated by Jabi. Jabi (as Jabi himself will tell you) is "a stage name, like Cher or Madonna." No surname necessary. But no performer makes spicy mango chicken sausage or lamb-blue cheese-rosemary sausage like Jabi and his crew.

Jabi simply can't stop creating. "We make at least one new sausage a week," Jabi says as he packs up spicy Buffalo chicken sausages that deserve to be on Super Bowl-watching menus everywhere, and ginger-chili bratwurst that takes the concept of fusion in new directions. My thoughts fly as I consider the more than 100 types of wursts, 20 kinds



of kielbasa and tubs of prepared foods. Stuffed cabbage? Herring salad with beets? Time with Jabi is not for the faint of decision-making.

Don't leave without his spicy turkey sausages with chipotle and prunes. Cooked with cut-up root vegetables and diced tomatoes, they make for a dazzling Moroccan *tagine*, an exotic stew that can be served over rice, couscous or noodles. The myriad sausages also can be served simply in hot dog buns or hard rolls topped by a quick sauté of peppers and onions. A schmear of mustard is nice. But of the eight types I sampled, I have to say a Jabi creation needs no embellishment to be the star at your dinner.



### The Greek Store

• Kenilworth

Since 1950, the Diamandas family has served forth at this small, crammed-full shop on Boulevard in Kenilworth. They're one of the original

ethnic grocers in the area, and they can take credit for introducing the masses to the delights of *moussaka*.

Rifle through the freezers of local residents and you'll find the Diamandas' Greek meatballs waiting for that night when nothing else but a tangle of linguine topped with a few of those oregano-scented meat poufs will do. You also may find *phyllo* pies filled with spinach and cheese (*aka spanokopita*) and wedges of pastitsio, a lasagne-like casserole rich with eggy-creamy goodness.

Don't hesitate. Score some of these heat-and-eat entrees for tonight or for your next soirée. Then go to town with selections from The Greek Store's olive bar and refrigerator case. Here all manner of dips in half-pound or full-pound sizes are sold.

There are a good 30 different types of olives at the bar. There is no better way to launch a dinner party than by setting out a selection of Greek olives: Amfissa, the large and soft purplish-black variety from Delphi; Ionian, brine-cured green olives from the Peloponnesos; the traditional Kalamates, the



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fleshy favorite from Kalamata; Thassos, the oil-cured, dry type from the Aegean island of the same name.

Partner these with one of the half-dozen varieties of feta, and lay all out with a spirited dip and pita chips. My personal favorite dip is the *taramasalata*, a decadent spread of fish roe and olive oil jazzed with nibs of shallots and herbs and a squeeze of lemon.

Keep for yourself: a tub of *tzatziki*, the part-sauce, part-salad classic of sliced cucumbers rolling in thick Greek yogurt laced with mint and garlic. It’s restorative the morning after.



**Mr. J’s Deli • Cranford**

Mr. J’s defines the concept of corner deli—corner deli with really, really good food, that is. Owned by Cranford native John Taggart, Mr. J’s is the breakfast-lunch hot spot locals pop into for pancakes or cold-cut sandwiches, but also know as their savior for to-go meals. Here you get your chicken parms, your sausage-and-peppers, your *francaises*, barbecued birds and pans of baked ziti and lasagne. It’s where traditional reigns—and those who only wish they had time to cook for their kid’s First Communion or the folks’ 50th anniversary go for a personal bail-out.

Sure, there’s a sizable sit-down space, and many do partake daily of the corner deli’s in-store hospitality. But what you need to know when you’re in a pinch for party-ready takeout is the name of Mr. J’s signature dish: Sloppy Joe.

There are almost as many Sloppy Joes out there as there are fellows named Joe. But these piled-high sandwiches, here cut into quarters for easy at-home serving, are superior. Turkey and Swiss are layered with a snappy Russian dressing and extra-rich cole slaw on rye. There are combos renowned for their compatibility: chocolate and hazelnut, for instance, or smoked salmon and cream cheese. But turkey, Swiss, Russian and a phenomenal homemade cole slaw is sandwich nirvana.

This winter, when you’re suffering from terminal envy of those vacationing on a sunny Caribbean island, lay out a spread of Mr. J’s Sloppy Joes with a side show of sausages doing a do-si-do with peppers. Home, sweet home.





**Pinho's Bakery • Roselle**

Raul and Julia Pinho first landed in Newark's Ironbound, then bounded down to Roselle to open the much-needed Portuguese bakery that locals quickly made a regular pit-stop.

Pinho's doesn't stint on anything, especially variety. There are fist-size rolls and there are divine, pillowy Portuguese *babkas*, a slightly sweetened bread that suits for breakfast as well as it partners with a rousing Mediterranean-inspired stew for dinner. There are pastries ranging from Rococo to Spartan in style.

Meaning, you can get what you need as accompaniments to your dinner at home without fussing over flour, water, butter and sugar.

Just don't forget to tote home Pinho's specialty: nata, or custard cups. The little round eggy creations fly out of the

store. But the Pinho's crew makes them constantly. For good reason.



**Bovella's • Westfield**

Bovella's has been around since 1949, when it was born in Plainfield as the sweet dream of Michael Bove. Some 36 years ago, Bove moved his pastry shop to Westfield, eventually passing its proprietorship onto family and co-workers. Today it's owned by Ralph Bencivenga, who can't remember not working at Bovella's.

That's a little history. For residents of Union County, Bovella's is their pastry past, present and future. For some, there are no birthdays without a Bovella cake. No Christmas Eves without a Bovella cannoli. No Easters without a Bovella chocolate-fudge cake.

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mousse *bombe*. I thought the cannolis and cannoli cake exemplary, the mini fudge balls addictive, the basic raisin scones and blueberry muffins fine ways to start the day. But that *bombe* — partnering a chocolate cookie of a cake and a spiraling mass of chocolate mousse—is one blast of a confection.



**Star of India • Kenilworth**

Cozy and softly lit, this Indian restaurant is worth your time for a sit-down feast. But I was putting on an Indian-cuisine home show for friends as, well, a lip-syncher might. So I ordered, had it packed to-go, then served it all up without breaking a sweat.

I started things off with a handful of crisp, pert cheese fritters (*paneer, or panir, pakora*) and a spirited little stew

of chickpeas and potatoes called *aloo chola*. Americans don't pair chickpeas and potatoes nearly enough, I thought as I ate.

Next, shrimp slow-cooked in a warmly spiced coconut-milk bath (*shrimp nirgisi*) and chicken in the gentlest yogurt-based sauce infused with tomatoes and onions (*chicken pishwari*). A winning twosome, any night of the week.

Cooks in India have a mastery of eggplant—never, ever pigeon-holing the vegetable. Need evidence? Try Star of India's Punjabi-style eggplant (*baingan bhurta*) cooked in a tandoor oven with tomatoes, peas, onions and a judicious amount of fresh ginger. Don't forget to include the crown jewel of this restaurant's *biryani* selection, saffron-scented rice studded with chunks of chicken, lamb and shrimp. Paella of another stripe.

I was struck by how easily the food here transported and reheated. It was a smash hit dinner for six.



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## Thailand Restaurant

### • Clark

Set in an old diner in Clark, Thailand Restaurant has fired up local palates for years. As I waited for takeout, regulars told me it's the one Thai spot they can count on for authentic fare. "They don't dumb it down here," said a gent presiding over a table of eight. "It's not sweet-sour Thai. The spices are more evolved."

He was right, I learned, when I took a passel of soups, salads and a grand rice noodle dish to the home of friends who live nearby.

Gulf of Siam is a hot-and-sour soup in which chilies and lemongrass warm both shellfish and finfish and mushrooms and tomatoes offer a calming backdrop. The seasonings don't fight with the fishes; they complement.

In the coconut milk-based soup tom-kha gai, chunks of chicken laze about the surprisingly light broth amid riffs of lemongrass and *kaffir* lime. In *tom yum puk*, a feisty little soup chunked with Asian vegetables and tofu, the lemongrass-lime component comes on stronger. As it should.

We swooned over the Grand Palace Salad, a veritable party of grilled beef plied with onions and smacked with chilies and lime. There was no letdown with the *nato-sad* salad, a rather unusual toss of ginger-licked ground pork enlivened by onions and made elegant by the addition of cashews.

I'm an easy mark for rice noodle dishes and my new favorite is Thailand Restaurant's *pad kee mna puk*, a melange of those silky noodles, crispy fried tofu, egg, Thai basil and shards of vegetables.

Sigh. I've got to learn to cook like this. **EDGE**

**Editor's Note:** Andy Clurfield 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*.

Photos of Alan's Orchard and Bovella's courtesy of Lauren Nitti of Whitehall Media Productions

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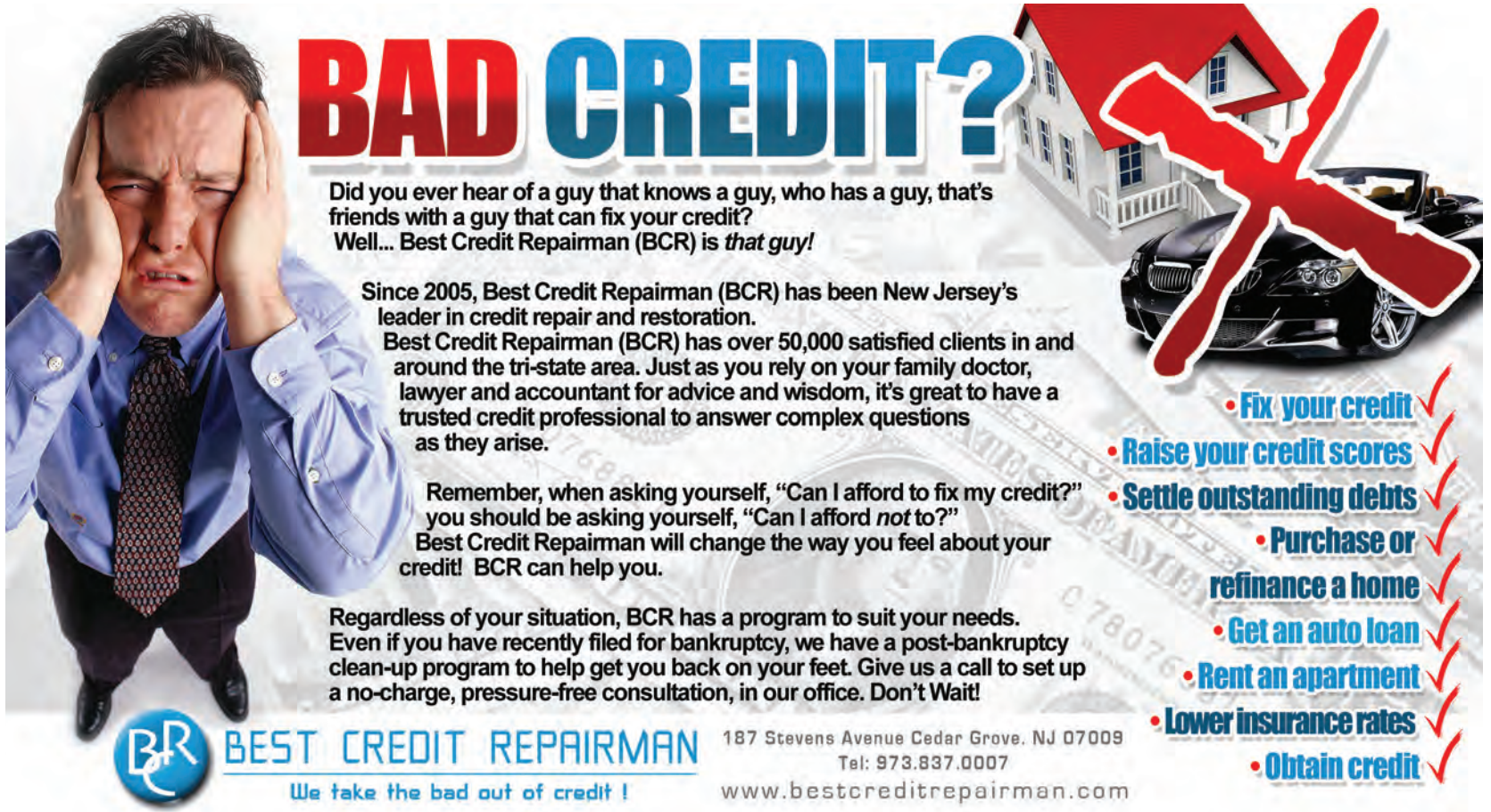
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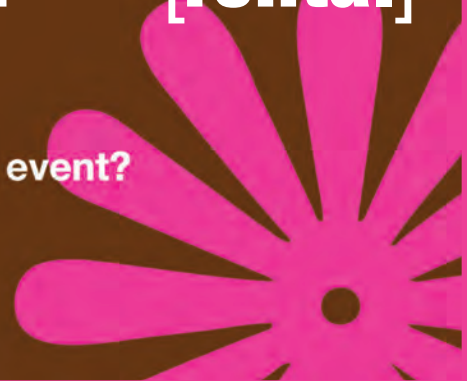


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# EDGE

## interview

### Anne Burrell



Photo courtesy of The Food Network

If you haven't caught **ANNE BURRELL** on the hit series *Worst Cooks in America*, you've almost certainly seen her somewhere else. The Food Network star is, well, kind of hard to miss. Over the years, Anne's big personality, signature hairstyle and culinary creativity have made an indelible impression on viewers of *Secrets of a Restaurant Chef* and patrons at Manhattan eateries Felidia, Savoy, Lumi and Centro Vinoteca. And, of course, there was her unforgettable stint as Mario Batali's second in command on *Iron Chef America*. On *Worst Cooks*, Anne plays drill sergeant to a team of culinary clods as they go head-to-head with a platoon led by co-host Robert Irvine. Like most EDGE readers, Assignments Editor **Zack Burgess** has been known to whip up an Italian meal or two. He jumped at the opportunity to compare notes with one of America's most engaging and innovative Italian chefs.

**EDGE:** What kind of town produces an Anne Burrell?

**AB:** I grew up in a tiny town in upstate New York. Very Beaver Cleaver-ville. Zero ethnicity, a very upper-middle-class, boring existence. I was like, "I have stuff I've got to do. I've got to get out of here."

**EDGE:** Is your hair a recent thing, or does it date back to those days?

**AB:** I've always had wild hair—always, always. In high school and everything,



**AB:** I've always liked the spiky hair. What can I say? I'm a child of the 80's.

**EDGE:** How did your family feel when they saw you gravitating to cooking?

**AB:** When I decided to cook there was no Food Network. It was before being a chef was cool. It was a strange thing, but it was the right thing for me. My mother was always very supportive. My dad was not supportive at first. He is now.

**EDGE:** Who was your culinary inspiration?

**AB:** I guess I can say I started having a culinary inspiration when I was three. I told my mother, "I have a friend named Julia." Who? "Julia Child. I watch her every day on TV." Over the years, I developed a love for all things Italian, so definitely Mario Batali and Lidia Bastianich.

**EDGE:** After training at CIA, why all things Italian?

**AB:** The Culinary Institute of America has a very French-based curriculum. I loved learning and knowing how to

cook, but it was the Italian mentality of the ingredients and the simplicity of everything that just spoke to me.

**EDGE:** When people cook Italian at home, what is the thing they tend to overlook?

**AB:** A lot of people think that it's just pasta and red sauce. There's so much more to the kitchen than that. Get a really good olive oil and cook with the best ingredients that you can afford. Also, think about seasonality. There are so many things that are in season, and those are the things that taste the best.

**EDGE:** EDGE readers are brilliant cooks. But just for the record, give us the five things every kitchen should have.

**AB:** Well, if you're remodeling a kitchen, get a really good stove and, if you can, get a stove with gas burners. I also like an island in a kitchen. Invest in a good set of knives and a good set of pots and pans. You can buy food processors and mixers, too, but I'm really about low-tech stuff—wooden spoons and food mills and rubber spatulas.

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**EDGE:** When you're working with America's Worst Cooks, what is the first thing you try to convey to them?

**AB:** I have a little saying: Food is like a dog. It smells fear. If you're nervous while you're cooking, your food knows it and reacts. To become a confident cook you just need to practice and do it. If you don't know how to do something, go do some research. Read your recipe before you start and *follow* it. Make sure you have all your ingredients and do your prep work before you cook. Get all your onions and garlic out. Clean as you go. Have a glass of wine. Cook with your family and friends. Then the process becomes fun.

**EDGE:** And healthier, too.

**AB:** Absolutely. Cooking at home is so much better for you. Fast food, or anything that comes in a bag loaded with salt, it's just bad for you. Cook from scratch with fresh meat and fresh vegetables. People watch my show and comment on the amount of salt that I use. But the amount salt I use is *nothing* compared to what you get when buy food in a bag.

**EDGE:** Does it irritate you when a "confident" cook is overconfident about his or her actual skill?

**AB:** I like it when anybody *tries*. So whether people are really good cooks or just think of themselves as really good cooks, it's all good. There's nothing bad about that.

**EDGE:** How does a good cook become an even better one?

**AB:** I know a lot of people might think it's daunting, but that's because they just haven't taken the time to learn how to do it. It really isn't that hard. Once you spend your time and focus on something, it really isn't that hard.

**EDGE:** So what *makes* a legitimately good cook?

**AB:** That's very subjective. I always say, "You're the chef of your own kitchen. If you like what's going on and you like what you make, then you're a good cook."

**EDGE:** Really? What about the contestants on *America's Worst Cooks*?

**AB:** Ah, but then they're in *my* kitchen. And yes, I've seen some pretty horrendous things on Worst Cooks.



Photo courtesy of The Food Network

**EDGE:** What was your own personal *Worst Cooks* moment?

**AB:** One of the worst things I ever did was trying to do a persimmon sauce with persimmons that were not ripe. Persimmons are one of those things that if they are not ripe then they're just terrible. I was simmering some persimmons around in some chicken stock and they had this crazy reaction. They turned this whitewashed gray color. Of course, it was right before service was starting and I had it on the menu and it was just a disaster. It was gross. I had to change the whole menu. It was very stressful, but now I look back on it and just laugh. **EDGE**



# Net Results

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

by Mark Stewart



### OUT OF THE WOODS

A badge of honor from the NJ Forest Fire Service—which has been putting out blazes for 105 years. **\$125**



### BLUE MAN GROUP

Elizabeth trots out the welcome wagon for its new fire chief in this 1912 postcard. **\$22**



### LADDER DAY SAINTS

These gents were all that stood between Haddonfield and disaster back in 1909. **\$18**



### FAIR PLAY

A souvenir button from the 1938 edition of the Navesink Fireman's Fair. The 2011 fair will be number 123. **\$35**



### MY OLD FLAME

This button graced the uniform of a long-ago Newark firefighter. **\$15**



### TOTALLY PUMPED

Hoboken's bravest douse the flames of a shipyard inferno in this 1907 postcard. **\$7**



# EDGE PEOPLE



## SPECIAL DELIVERY

The Trinitas staff presents a gift basket to Jocelyn Skye Humphrey and her mother, Jennifer. Jocelyn was New Jersey's first baby of 2011. She was delivered 18 seconds after midnight on January 1st by midwife Rose Marie Kunaszuk, standing second from right. Jocelyn measured 19.5" and weighed in at 8 lbs. 6.5 oz.



## EASY RIDERS

On Sunday, May 22nd, more than 500 riders will set off from Union Square on the 8th Annual Tour de Elizabeth. This year's theme is "Cultures and Communities Working Together." Funds raised by the event support Elizabeth Groundworks. To participate as a rider, staffer or donor, call 908-289-0262.



## HAIR APPARENTS

There was plenty to celebrate at The Hip Event New Year's Eve party at 4sixty6 in West Orange. Among the guests were Meital Benaroya, owner of Englewood Salon Reve New York, and Tracey DiMarco of the hit series *Jerseylicious*.



## HEART OF THE HUDDLE

NFL Hall of Famer Harry Carson and his wife Maribel take a break during a recent visit to the Trinitas Residential Treatment Center. The legendary Giants linebacker had lunch with the young people at the Center, offering his special brand of motivation and inspiration.

## FOR THE KIDS

Trinitas President & CEO Gary S. Horan accepts a \$24,000 check from Janice Mulligan of Ronald McDonald House Charities. The funds will go toward extending staffing and hours of operation at the Trinitas Pediatric Health Center which serves more than 9,000 area families every year.





# Up in Smoke

*A Rock Industry Insider  
Recalls the Malibu Wildfire that  
Consumed (Almost) Everything*

by J.M. Stewart







Photo credit: iStockphoto/Thinkstock

miss the change of seasons in New Jersey. Transplanted here in Southern California, I must make do with Football Season, 'Tis the Season and the new TV Season. And then there is that other, more ominous, time of year: Fire Season. In a matter of minutes, it can turn you from a “have” into a “have-not”.

For my friend Sue Sawyer (right), the November 1993 blaze that raged through the Malibu canyon where she lived swallowed more than just her home. It took a bite out of the *joie de vivre* she once had—the loss of which she is still coming to terms with today.

In the early 1990's, Virgin Records America was in its heyday, and Sawyer was its V.P. of Media Relations. Her





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clients included Michael Jackson, Tina Turner, Keith Richards, Lenny Kravitz, and The Clash. Over the years she received many gold records from artists such as Cyndi Lauper, Sade, and Cheap Trick that she hung on her living room wall. Her five platinum albums from Michael Jackson had an inscription from Michael that read *Dear Sue, thanks for the hard work*. These also were displayed in her home.

A triptych photograph taken in the early 1980's, showed Sue sitting on a sofa with Ozzy and Sharon Osbourne. Ozzy was promoting his first solo album, and a marketing meeting was set up at Epic Records. Ozzy walked in with a photographer, which was unusual; this should have been the tip-off for Sawyer that he had something up his sleeve (or in his pockets, to be exact). When everyone was seated, Ozzy produced a white dove from his coat, smiled sweetly at it—and bit its head off. He reached in his other pocket and pulled out another white dove and prepared to dine on that one, but the conference room erupted in protest, and the bird and everyone else in the room was saved from another unsavory spectacle. Although the photographs showed Sue's expression going from *Oh, what a pretty bird Ozzy has* to utter revulsion, the triptych was exhibited on her walls to prove that, yes, this really did happen... I was there.

The fire took everything. Sawyer's "to die for" record collection? Vaporized. Her priceless collectibles? Incinerated. Early punk rock singles, including Elvis Costello when he was with Stiff Records? Up in smoke. A few charred 4x4's, the bottom drum to her Weber grill, the blackened and ash-filled carcass of her boyfriend's vintage 1967 metallic gold Thunderbird, the blob of melted coins from her piggybank, and the over-baked Halloween pumpkin that was sitting on the porch, was all that was left. There wasn't even a place to hang the red UNSAFE FOR OCCUPANCY notification, so it was left under a rock.

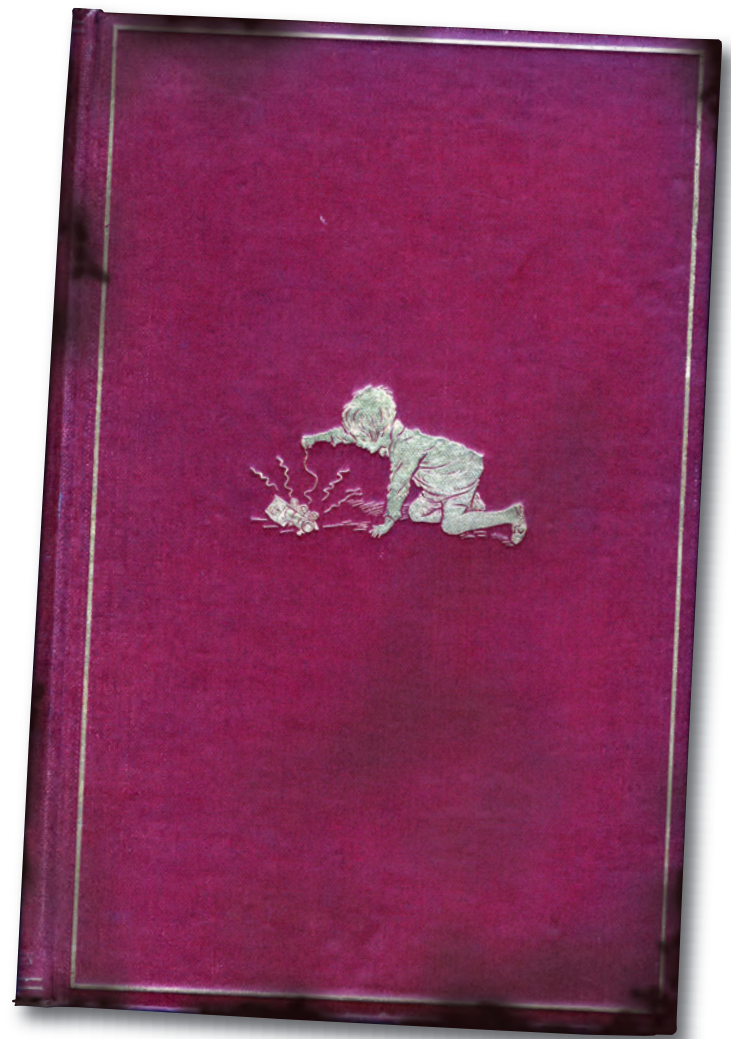
After the fire ran its course and Sawyer was allowed back on to the smoldering property, it was her incinerated books that she mourned the most. Everything that Graham Greene and Raymond Chandler wrote she collected. She had all of her childhood books, especially *Winnie-The-Pooh*, lovingly placed on bookshelves. "I would look at my books and it gave me a kind of a...hug," she recalls. "I don't have that now."



The literary collection was her treasure. Through the day-to-day roller coaster ride that was her job, those books provided a sense that everything was going to be all right. It kept her grounded in a world of music icons and crazy, all-night industry parties. Sawyer has since acquired more books to fill new shelves, but the concretized connection to her younger, more carefree self was gone; as was the piano that she was more than proficient in playing.

“When I was seven, I could play Rachmaninov in C sharp minor,” Sawyer says. She hasn’t owned a piano since she found the twisted remains of its soundboard nestled in the ash and soot of what was once her living room. “My house was completely gone.”

The great Malibu fire of 1993 burned for three days. Sue Sawyer and 267 others lost their homes. Among her burnt-out neighbors were Sean Penn and Madonna, Ali MacGraw, Dwight Yokum, and Roy Orbison’s widow, Barbara. Three people perished in the fire, which was fueled by a



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combination of oil-rich and highly combustible chaparral, severe drought, and the hot, dry Santa Ana winds that roared through the canyon. In the first 10 minutes the fire spread from one acre to 200, and within an hour it had scorched over 1,000. It was about 20 minutes into the burn that Sawyer knew her house was in its path, and she had to get home to save her pets.

Normally, there were a lot of meetings on Tuesday mornings, but she happened to be in her office with the television on. There was a breaking news bulletin about a fire sweeping toward the sea. "I knew this was no small deal by the way the newscasters talked about it," she recalls. "And I knew my house was directly between the origin of the fire and the ocean."

The sick feeling that started to take hold of Sawyer was confirmed when a neighbor called. He told her he was evacuating and would take her Rhodesian Ridgeback puppy, but she needed to come and grab her cats. Driving

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along Pacific Coast Highway toward her threatened home, she was struck by the surrealism of it all. “The ocean was glittery with the sun bouncing on the surface, and the sky was such a beautiful blue,” she remembers. “And then there was this huge plume of smoke going up into the sky.”

There was a state-of-the-art fire station with a helicopter pad just up the road from where she lived. Would her home be spared? She knows now that when an out-of-control fire is in the mood to burn, there’s not much you can do about it. She reached her home with minutes to spare. With two cats and one cat carrier, she ended up stuffing one in a pillow case and tossing both in the car. Then she bolted back into the house to save what she could. It was about 1:30 in the afternoon and the sky had darkened with soot. Ash was everywhere, inside the house as well as out, and an orange glow was licking at the ridge line, edging ever closer.

“I was rushing around sick to my stomach,” Sawyer says. “There was no rhyme or reason to what I was putting in the

car. I grabbed a photo album, my skis, a computer, and bicycles.”

“But not enough clothes,” she chuckles wryly. “Next time I’ll pack better.”

There was only one way out of the canyon; if an ember had leapt onto her escape route, there would have been no way out. She took one last look at her home and—still hopeful that this evacuation would turn out to be nothing more than a fire drill—thought, “This is going to be so much work putting everything back!”

Sawyer retreated to her parents’ house in Simi Valley, where a friend phoned to tell her that the street Sue lived on was gone. Wow, she thought, I guess I’m homeless. The next morning, with the fire still gobbling up homes north of Los Angeles, Sawyer’s office phoned to ask if she would be coming in for the marketing meeting. Hey, that’s show biz! “I don’t have a toothbrush or any underwear,” she told the caller, “I think I’ll be a little late for work today.”

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A month later, Sawyer began her slow return from the weightlessness of the dispossessed. She was living in a rental home in Burbank and her friends and co-workers threw a surprise benefit party to help her pick up the pieces. "This outpouring of kindness was the best thing that happened after the fire," she says. "These were not the wealthy people of the music business; these were the publicists and writers. The \$50 checks that they gave meant so much to me. I still have the checks from the freelance writers. I didn't cash them. They didn't have a lot of money, and I still had a job. The irony was that those same people got hit by the [January 1994] earthquake a month later."

Sawyer has regained most of her zest. But part of that happy-go-lucky, young woman vanished that November morning. "I regret the loss of my books and my music," she says. "And my love letters. I dated a lot of writers, so there were some incredible love letters. I regret that I didn't really mourn what I had lost; I was changed by the loss, but I didn't mourn it. I wish I had had some therapy, it would have helped."

From the ashes eventually there is growth. The élan that defined Sue Sawyer both personally and professionally was replaced with a "don't sweat the little stuff" sensibility that has served her equally well. After a hiatus from the world of media marketing, she is working as an independent publicist for a boutique public relations firm in Los Angeles. And she bought another house, in Glendale, where she can hear her neighbors' son practicing the piano.

With a twinkle in her eye, she says that she would like to start playing again. **EDGE**





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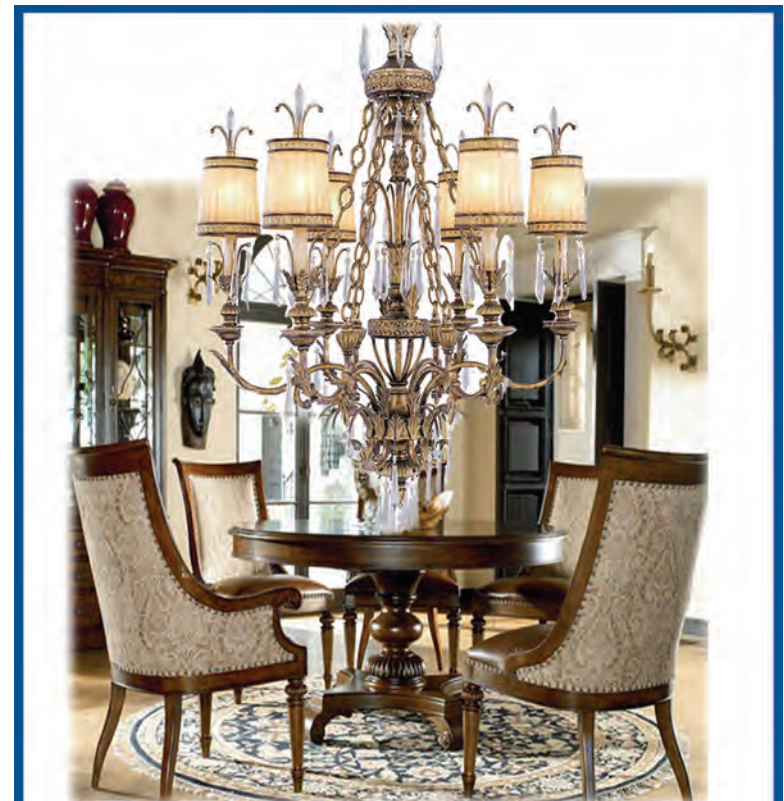
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# Going with the Flow



*There are no minor problems when you're  
dealing with major blood vessels.*

By Christine Gibbs

**C**old feet. Heavy legs. Cramping. As the years pile up, we deal with life's extra little discomforts every day. They can be a real pain in the you-know-what. Dealing with them, however, does not mean ignoring them. If annoyances such as these persist, it may be prudent to speak with a vascular surgeon. The fact of the matter is that each of the aforementioned symptoms (including, yes, buttock pain) could point to something more serious.

"We're not talking about spider veins here," says Salvador Cuadra, MD. "Vascular system disorders such as Peripheral

Artery Disease (PAD) and Carotid Artery Disease—including Transient Ischemic Attacks (TIAs)—can begin with relatively mild symptoms. The earlier we catch these problems, the more likely a patient is going to have a favorable outcome."

As a vascular surgeon, Dr. Cuadra is a specialist who treats diseases of the major blood vessels. A member of the Cardiovascular Care Group (with offices at Trinitas and in Westfield, Springfield and Belleville), he treats problems with the carotid arteries in the neck, as well as the veins and arteries in the abdomen, arms and lower extremities.





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One of Dr. Cuadra's specialties is called a carotid endarterectomy. In lay terms, this is a surgical procedure that addresses blockages in the artery feeding the brain. Plaque can build up and potentially cause a stroke. The surgery literally "shells out," or removes, the plaque through a small neck incision. Although the condition is extremely serious, the surgical prognosis is excellent and recovery time is relatively short. Typically it involves only an overnight hospital stay.

Within the past decade, there have been other advances in the development of less invasive treatments for vascular system disorders. Most of these involve the use of stents, which are applied through a catheter inserted through the groin area. The less invasive nature of this procedure certainly makes it more attractive to patients. Vascular surgeons routinely perform angioplasty to repair arteries that are blocked or narrowed.

## IN A SIMILAR VEIN

Although less life-threatening than most diseases treated by vascular surgeons, varicose veins do account for a high percentage of office visits, both to vascular and cosmetic surgery practices. In cases involving relatively small veins in the legs, injections are usually the applied remedy. Larger, more disfiguring veins had been traditionally treated using "stripping" procedures that involved actually removing the offending veins, but now they can be managed with the insertion of a laser catheter, which shrivels them through relatively painless laser "burning." This less-invasive treatment can be done in the doctor's office and requires very little recovery time.





# healthy **EDGE**

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There has been much recent research and discussion about the relative efficacy of stents compared to surgery. The much publicized CREST Trial has indicated that stents have no statistical advantage over surgery and, in certain cases, might even run a higher risk of subsequent stroke. However, Dr. Cuadra is uniquely qualified to perform either angioplasty or surgery. He has found that some patients have better results with angioplasty and stents, while others benefit more from surgery.

Another problem that can be addressed by inserting a stent is an aneurysm. In such a case, an artery develops a bulge (widening) rather than a blockage. Over time, this can cause a weakening in the arterial wall. A vascular surgeon will perform a procedure to insert a specialized stent that allows blood to pass through it removing the pressure on the arterial wall (the aneurysm) thereby reducing the risk of rupture.

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## TROUBLE SIGNS

Among the conditions vascular surgeons most commonly encounter are PAD and TIA. It's a good idea to contact your doctor if you experience the following symptoms:

### PERIPHERAL ARTERY DISEASE

- Pain in one or both calves/thighs/hips (usually while walking or climbing stairs)
- Dull cramping pain or heaviness in leg muscles
- Buttock pain
- Numbness, tingling or weakness in legs
- Burning or aching in feet/toes
- Sore on leg/foot that won't heal
- Cold feet (pale bluish or reddish)
- Loss of hair on legs
- Having symptoms while at rest is a sign of more serious problem

### CAROTID ARTERY DISEASE

Ischemic stroke or TIA (Transient Ischemic Attack)

- Weakness in arm/leg or both
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At present, dialysis patients constitute approximately 50% of Dr. Cuadra's group practice. In cases of kidney failure—which requires hemodialysis to remove toxic waste and excess fluid from the bloodstream—surgery is done to establish the necessary connection between an artery and a vein thereby allowing for dialysis to be performed.

Of the remaining 50%, different people land in his office in a number of different ways. Many patients come via their PCP referral already suffering from obesity and/or diabetes; their doctor may have found an abnormality through physical examination or through an ultrasound, or some other procedure such as a CT scan. Others come because of physical symptoms such as loss of circulation to the legs causing pain, ulcerations, and even gangrene in the extremity.

Although Dr. Cuadra says he enjoys working with patients to prevent the onset of vascular disease, he embraces the myriad challenges he faces every day. Being a surgeon suits him, he says. "I like using my hands to solve relatively serious patient problems. Surgery is more rewarding to me than some other specialties. I can see a problem, diagnose it and fix it in a relatively short time period." **EDGE**

**Editor's Note:** Dr. Salvador Cuadra attended Cornell University as an undergrad and received his medical degree—and became Chief Resident in surgery—at the State University of New York at Stony Brook. He has authored a number of vascular surgery treatises, receiving awards for several of his publications.

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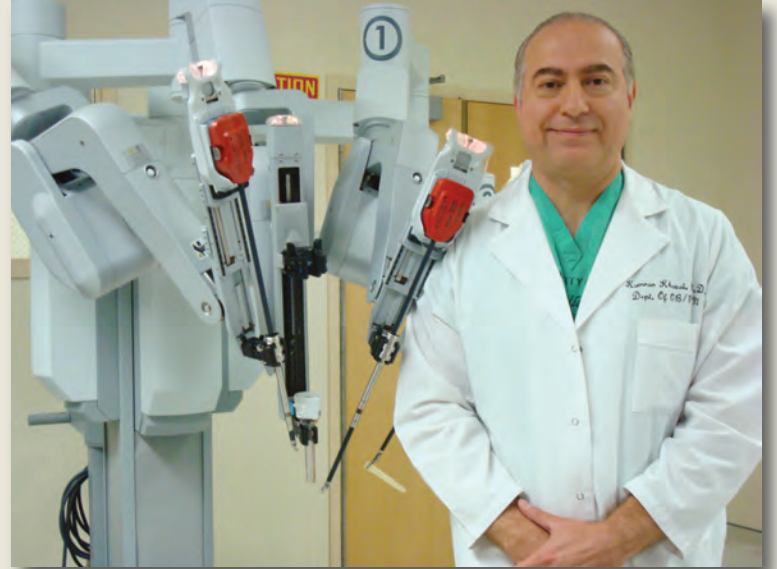
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# What's Up, Doc?

*News, views and insights on maintaining a healthy edge.*

## March is Colon Cancer Awareness Month

Colon cancer is the third leading cause of cancer related death for both men and women. Yet it is **95 percent curable** if diagnosed before symptoms arise. Most colorectal cancer begins as a non-cancerous (benign) adenoma or polyp (abnormal growth) that develops on the lining of the colon or rectum. Polyps can be removed to significantly reduce risk of cancer. Colonoscopy plays an important role in colorectal cancer prevention because precancerous **polyps can be detected and removed during the same exam**. The American Cancer Society suggests a colonoscopy after the age of 50 for both men and women. A normal colon means you will not need another colonoscopy for another 10 years. If you have a family history of colon cancer, especially a close family member who was diagnosed before the age of 60, then a colonoscopy is recommended at the age of 40. Colorectal Cancer Screening tests are covered by Medicare; private insurers are now required to cover **the entire cost of screening colonoscopy** under a new Affordable Care Act provision.

— **Dr. Samiappan Muthusamy**,  
Center for Digestive Diseases,  
Clinical Assistant Professor at Seton Hall University and  
past Chief of Gastroenterology/ Endoscopy at Trinitas RMC

## Fresh or frozen?

Is there a difference? Fruits and vegetables are indispensable for great health. They are packed with vitamins, minerals, antioxidants, and other beneficial phytochemicals—precisely the tools your body needs to run properly and prevent disease. The question many health-conscious consumers have, particularly during cold-weather months, is whether frozen fruits and vegetables are adequate substitutes for the real deal. The answer may surprise you: **Frozen is just as good as fresh**. In fact, **sometimes it's better**. While canned foods lose a lot of nutrient value because they have been heated for extended periods of time, this is not the case with frozen. The fresh produce in your supermarket has probably been sitting there for several days, after several days in transit, losing a significant amount of taste and nutrients along the way. Frozen fruits and vegetables, however, are **flash-frozen at their peak time of ripeness, taste, and nutrient value**. Another thing on the "plus side" of frozen is the convenience. Time is one of the **biggest obstacles to healthy eating**; fresh fruits and vegetables taste great, but they do take some time and effort to prepare. With frozen, you can put together an entire meal, including dessert, in mere minutes.

— **Dr. Joel Fuhrman**  
([www.drfuhrman.com](http://www.drfuhrman.com)) best-selling author and  
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## What's the main cause of weight loss as we get older?

According to Dr. Kamran Khazaei, the answer is **lack of motivation**. We get involved in routines, put family and job first, and neglect our health by not getting enough exercise or maintaining a sensible diet. **Take ownership** of your health. Start slowly and don't make starting an exercise routine into a big hurdle. Start walking, do something you like. Get off the couch - even a little bit is better than nothing, and seeing early benefits could serve as inspiration to do more. Make small changes to your eating habits. Skip the bread basket at restaurants, and reach for a piece of fruit as a snack when you feel hungry. Think about getting less carbs from pasta and bread and more from naturally occurring sources such as fruits and vegetables. As you lose weight you may just find **other benefits** that can further your motivation, such as being able to decrease or eliminate medications like blood pressure and diabetes drugs. But always check with your doctor first.

— Kamran Khazaei, MD, FACOG  
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# healthy **EDGE**

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*The key to aging gracefully, we are told, is finding ways to stay engaged and energized. For many, this requires a **balancing act**...literally. The more active America's elderly population becomes, the greater the likelihood of serious falls, resulting in life-altering hip and head injuries. **The medical community is starting to take falls as seriously as strokes and heart attacks**—looking at solutions ranging from a review of medications to correcting vision problems to making home environments safer. In terms of improving balance, research shows that the Chinese martial art of **Tai Chi** can be very effective. It has the triple-benefit of improving balance, strength and gait. Tai Chi (the correct term is actually Tai chi chuan) translates as Supreme Ultimate Fist. Despite its intimidating name, Tai Chi is practiced the world over primarily for its **health and longevity benefits**. Why so many elderly practitioners? Tai Chi features a slow sequence of movements that emphasize a straight spine, abdominal breathing and a natural range of movement. Just what the doctor ordered.*



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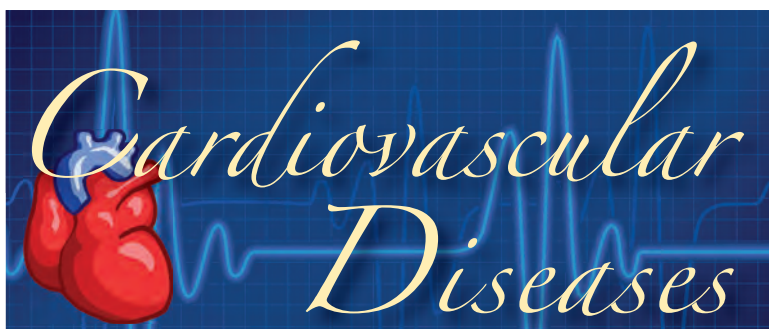
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and able to  
model her own  
creations. Irina  
Shabayeva is that  
rare talent. Her personal  
blend of passion and cool  
inspired the collection  
debuting in the pages of  
EDGE and at Fashion  
Week in New York.  
Presented herein,  
Fire and Ice.*

## BACK IN BLACK

Dress: IRINA SHABAYEVA  
Charcoal Diamond Dress with  
Swarovski Crystal detail  
Shoes: FENDI



## STORM CHASER

Dress: IRINA SHABAYEVA White Bridal Laser Cut Gown with Swarovski Crystal detail • Jewelry: 18k white gold diamond bangle bracelet set 14.50cts. of round brilliant cut diamonds





## ON THE DOUBLE

Dress: **IRINA SHABAYEVA** Red Laser Cut  
Snowflake Dress • Jewelry: 18k white gold  
**RODNEY RAYNOR** Lily ring with a cabochon cut  
10.23cts. Prehnite and 2.11cts. in pavé set  
Tavorite stones





## GOLD MIND

Dress: **IRINA SHABAYEVA** Gold Fire  
Lamé Gown with Swarovski Crystal detail  
Jewelry: 18k yellow gold **CHIMENTO** Boule  
collection necklace with a faceted Citrine  
quartz and accent diamonds • Shoes: **FENDI**







## AGAINST THE WIND

Dress: **IRINA SHABAYEVA**  
White Bridal Diamond Gown with  
Swarovski Crystal detail



## DARK VICTORY

Dress: **IRINA SHABAYEVA**  
Black Laser Cut Snowflake  
Dress with Swarovski Crystal  
detail • Jewelry: 19k yellow gold  
ring with a bezel set rutil grey &  
black quartz; **CHIMENTO** Luna  
ring in 18k rose gold with 2.49cts.  
in black diamonds





## RIGHT ON RED

Dress: **IRINA SHABAYEVA**  
Red Diamond Bustier Dress with  
Swarovski Crystal detail  
Jewelry: Sterling silver domed ring  
with 5 pavé set diamond circles  
totaling 0.39cts. and rimmed  
in black rhodium





## SHEER GENIUS

Dress: **IRINA SHABAYEVA**  
Silver and Gold Diamond Bustier  
Dress with Swarovski Crystal detail

*Model:*

Irina Shabayeva

*Wardrobe:*

Irina Shabayeva

*Hair:*

Jessica Gere  
of Vito Mazza Salon and Spa

*Make-up:*

Amanda Mathes of Fetch Beauty

*Jewelry:*

Courtesy of Leonardo Jewelers

*Digital Retouching:*

Dan Jackson of DJ Studios

*Photo Assistant:*

Poliana DeVane

*Production:*

Nadine Raphael and Lauren Nitti  
of Whitehall Media Productions

**Special Thanks to**

Irina Shabayeva; Ivette Fernicola and Michael Zeik of Leonardo Jewelers; Vito Mazza, Jennifer Loprete, Vanessa Irizarry, and Jessica Gere of Vito Mazza Salon and Spa; Amanda Mathes of Fetch Beauty; Chloe Badawy; Dan Jackson of DJ Studios; Poliana DeVane.

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# EDGE

## interview

Irina Shabayeva



Photo courtesy of Nadine Raphael

The power of television in our society has been made painfully clear by the current Reality TV craze. With careful editing and decent ratings, it seems any half-wit can become a major media star. Yet for all of the bad things this genre says about us as a culture, it can also do a lot of good. Exhibit A is **IRINA SHABAYEVA**, an outrageous young talent who rose above the competition to win *Project Runway*. For all its contrivances, the program transformed an industry unknown into New York's newest designing woman—a career-launch that might never have happened but for the magic of basic cable. **EDGE Style Editor Dan Brickley** has been there and done that. The former host of TLC's *A Makeover Story* is now a regular in *US Weekly* and runs a successful pop-culture web site. Dan caught up with Irina while she was putting the finishing touches on her new Fire & Ice collection (see pages 55-62), due to debut at Fashion Week in February. As he discovered, the first thing you need to know about Irina is that she was born in Georgia...and raised in Brooklyn.

**EDGE:** Georgia? I'm not hearing that.

**IS:** The *Republic* of Georgia—not USA Georgia. From grade one to four, I was in Georgia. Then my parents moved to the States and I finished my education in Brooklyn.

**EDGE:** How is that fusion of cultures reflected in your personality?

**IS:** Europeans in general are straightforward, honest people. They call it like it is. American culture is a lot more sugar-coated. People are afraid to be honest sometimes because they don't



want to offend anyone. I think there's a way to be both, to be polite *and* honest.

**EDGE:** Did this help you on *Project Runway*?

**IS:** I think it did.

**EDGE:** What goes through your head when you stand in front of the judges...and a couple of million viewers?

**IS:** You're nervous because of the lights and the cameras, and the whole situation makes your heart race. But I wasn't really afraid of what the judges had to say because, chances are, whatever they found—good or bad—I already knew. Most creative people can look at their work and, if it's not that great, call themselves out on it and just say, "Hey, you know what? Maybe this is a flop." Everyone has had a day where nothing seems to come together. Unfortunately, on *Project Runway* the whole world knows about it because the judges make sure that you hear it over and over again.

**EDGE:** Did the judges ever have a bad day?

**IS:** Everyone had their days.

**EDGE:** When you live, work and—most importantly—compete with other designers 24 hours a day, it can bring out the worst in someone. Yet you managed to stay above the fray.

**IS:** *Project Runway* was a big deal, so I decided that if I was going to do it, I was really going to focus. I knew that some people would be really friendly and others would reach their boiling points quickly. The competition never stops. When we were off camera, we were still interacting, so someone could say something that would trigger a reaction the next day when the cameras were rolling again. In order to avoid getting swept up in the drama, I just stayed focused on doing what I was there to do—which was to meet a challenge every day.

**EDGE:** One of your fellow contestants said that you weren't there to make friends. Naturally, that's the reputation you got as a "character" on the show. Fair or unfair?



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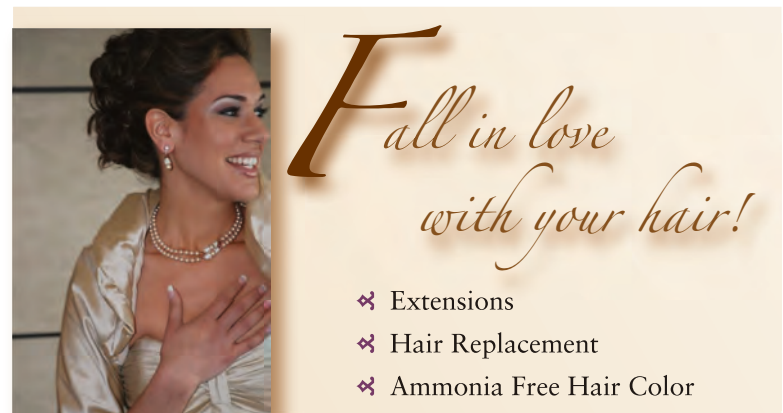
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**IS:** It bothered me that it was taken to an extreme. It wasn't like I said, "I hate everyone!" It was more like, if I made friends, well, that was a bonus. I mean, why wouldn't you want to make a friend or two? But I wasn't there to socialize. It wasn't cocktail hour. I wanted to win that thing.

**EDGE:** Is it true you hadn't watched previous seasons of *Project Runway*?

**IS:** I never watched any season in its *entirety*. I watched it randomly, like I'd go over to someone's house and they'd be watching it.

**EDGE:** And what was your impression? What made you think it was worth a shot?

**IS:** I thought it was great. I mean, I knew there was a downside to Reality TV, but I felt that if there was something positive that comes out of a show like this, then maybe it's worth doing. Tim Gunn was a judge, and that gave me a comfort level because he taught me at Parsons. That was disclosed to everyone, by the way—it wasn't like we had a secret friendship. But I thought if Tim was part of the show, he's so respectable and honest, I knew the judging had to be fair.

**EDGE:** What was the casting process like?

**IS:** It was a challenge. I understood that they pick people for their work but also for their personality. A lot of talented and creative people tend to be introverted. I tend to be laid-back, and I can't be someone that I'm not, but luckily they felt my personality was a good fit.

**EDGE:** That first day, when you were surrounded by all the lights and cameras and producers, did you think, "Oh my God! I've got to look good, too!"

**IS:** That first day, Dan? I did. But soon I was like, "Who cares? I'm here to win this thing!" I wasn't going to look glamorous—it was too exhausting. My sister would watch and say, "Why are you wearing that grandma outfit? Why are you wearing that headband?" And I'd be like, "Because my hair is gross! I haven't washed it in days!" In retrospect, they could have given us more time to get ourselves together, but I think they wanted us looking as tired and worn out as possible because then viewers sympathize with you. And people *should* have sympathized with us. We were beyond exhausted. There were days when I was thought,



“Do I really have to move now? I don’t think my body can.”  
Ultimately, it was fun—in a weird, distorted way.

**EDGE:** When did you think you actually had a shot at winning *Project Runway*?

**IS:** A little more than half way into the competition. I was standing on the runway and it was my turn to go when one of the lights blew out. They brought out this three-story ladder to replace the light, which took an hour. I had that hour to just stand there and think. And it came to me. “I could really *win* this thing...and I think I *am* winning. I’m so winning this thing!”

**EDGE:** After you won, was there a clock ticking in your head? Did you think, “I’ve got to capitalize on this notoriety and strike while the iron is hot?”

**IS:** I didn’t assume anything. As you know, Dan, the fashion industry is funny. People in the business like the show. They think it’s great. But it doesn’t validate you in their eyes. What



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validates you is your work. So I didn't feel I had this celebrity glow that would take me places. Yes, it's great to have fans and a recognizable name, but remember, those fans aren't necessarily your consumers. Building a business—a real, successful business—is very different than winning *Project Runway*.

**EDGE:** So what's it going to be for Irina Shabayeva? Custom order? Big label? Big backing?

**IS:** Well, I launched an evening line last season, as well as a bridal collection, and it's been great. I'm at Kleinfeld Bridal and I'm in great company—Monique Lhuillier and Oscar De La Renta—so I'm going to stick with doing the bridal and evening custom order. In terms of my Ready To Wear, I want to build it up and become a brand because it has a place in the market. I've gotten so much great feedback. I just have to figure out how to juggle both.

**EDGE:** If you had to describe your aesthetic in three words, what would they be?

**IS:** Feminine. Strong. Luxurious.

**EDGE:** If you could pick anyone, past or present, to represent your line, who would it be?

**IS:** That's a hard question. The first person who pops into my mind is Cate Blanchett. I think she's a phenomenal actress. Maybe Queen Elizabeth I? She came from nothing to become queen, and struggled with being a woman and trying to rule a country. Cate played her in the movie, which I guess is why I thought of her.

**EDGE:** If you had to create a bumper sticker for all of the young designers who are following you into the business, what would it say?

**IS:** "Be Prepared to Make Sacrifices."

**EDGE:** Meaning what?

**IS:** You have to grow up a little sooner. If you really want to perfect your craft, it requires a lot of time and dedication. There's not a lot left over for fun and partying. I'm 29 and I still struggle to find balance in my life and do what I love to do. It's a constant struggle. **EDGE**



**Nadine Raphael**

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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.*

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Trinitas Comprehensive Cancer Center  
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**MARCH 8, APRIL 12**  
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**TUESDAY, FEBRUARY 22**

9:30 am – 11:30 am

### A Morning for Moms

Relax, Pray, Socialize, and Renew.

*PRESENTERS: SR. EDNA F. HERSINGER, SC AND  
SR. ANITA M. CONSTANCE, SC*

**Cost: \$15; Deposit \$5**

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**SATURDAY, FEBRUARY 26**

9:30 am – 3:00 pm

### The Art of Listening

Look at listening in a brand new way.

*PRESENTER: SR. ELEANOR GOEKLER, SMIC*

**Cost: \$45; Deposit \$20**

---

**TUESDAY, MARCH 8, JUNE 7**

10:00 am – 12 noon

### Labyrinth Presentation:

#### Sacred Pattern, Sacred Path

The Labyrinth as a pilgrimage experience.

*PRESENTER: SR. ANITA M. CONSTANCE, SC*

**Cost for presentation: \$20; Deposit: \$10.**

---

**WEDNESDAYS, MARCH 2, APRIL 6**

9:00 am – 12 noon

### Quilting

A morning away to enjoy your creative gifts.

*PRESENTER: SR. PATRICIA REYNOLDS, SC*

**Cost: \$15 per date; Deposit: \$5 per date**

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**THURSDAY, FEBRUARY 24 AND**

**THURSDAY, APRIL 14**

12 noon – 1:30 pm

### Lunch and Learn

Light Lunch and reflection on the parables of Jesus

*PRESENTERS: SR. EDNA HERSINGER, SC AND SR.  
ANITA CONSTANCE, SC*

**Cost: \$15 per date; Deposit: \$5 per date**

---

**SATURDAY, FEBRUARY 26**

9:30 am – 3:00 pm

### The Art of Listening

*PRESENTER: SR. ELEANOR GOEKLER, SMIC*

**Cost: \$45; Deposit: \$20**

---

**THURSDAY, MARCH 10**

9:30 am – 2:30 pm

### A Lenten Reflection Day

*PRESENTER: SR. SUSAN KEATLEY, SCC*

**Cost: \$45; Deposit: \$20**

---

**WEDNESDAY, MARCH 16**

9:30 am – 1:30 pm

### Wednesdays for Women

Four Modern Day Martyrs:  
US Churchwomen in El Salvador

*PRESENTER: SR. HELEN BEAIRSTO, RC*

**Cost: \$35; Deposit: \$15**

---

**FRIDAY, MARCH 18 – SATURDAY,  
MARCH 19**

Overnight Retreat, 7:00 pm, Friday –  
3:00 pm, Saturday

### Our Journey to Jerusalem

*PRESENTER: SR. EDNA HERSINGER, SC*

**Cost: \$75; Deposit: \$25**

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**SATURDAY, APRIL 2**

10:00 am – 12 noon

### Praying Without Words

*PRESENTER: SR. ANITA CONSTANCE, SC*

**Cost: \$15; Deposit: \$5**

---

**SATURDAY, APRIL 16**

9:30 am – 3:00 pm

### Lenten Day of Reflection

Scientific and Theological Challenges  
to today's believers.

*PRESENTER: MSGR. EDWARD J. CIUBA*

**Cost: \$45; Deposit: \$20**

---

**FRIDAY, MAY 6**

9:30 am – 11:30 pm

### Surviving Loss with Hope and Compassion

*PRESENTERS: SR. EDNA HERSINGER, SC AND  
SR. SUSAN KEATLEY, SCC*

**Cost: \$15; Deposit: \$5**

---

**SATURDAY, MAY 14**

10:00 am – 12 noon

### Nature's Invitation to Prayer

*PRESENTER: SR. MAUREEN MYLOTT, SC*

**Cost: \$15; Deposit: \$5**

---

**WEDNESDAY, MAY 18**

9:30 am – 1:30 pm

### Wednesdays for Women

Rose Hawthorne: The Woman Behind  
the Hawthorne Dominicans

*PRESENTER: SR. HELEN BEAIRSTO, RC*

**Cost: \$35; Deposit: \$15**

---

**SATURDAY, JUNE 18**

9:30 am – 2:30 pm

### Meditation in Motion

*PRESENTER: LINDA TELESCO*

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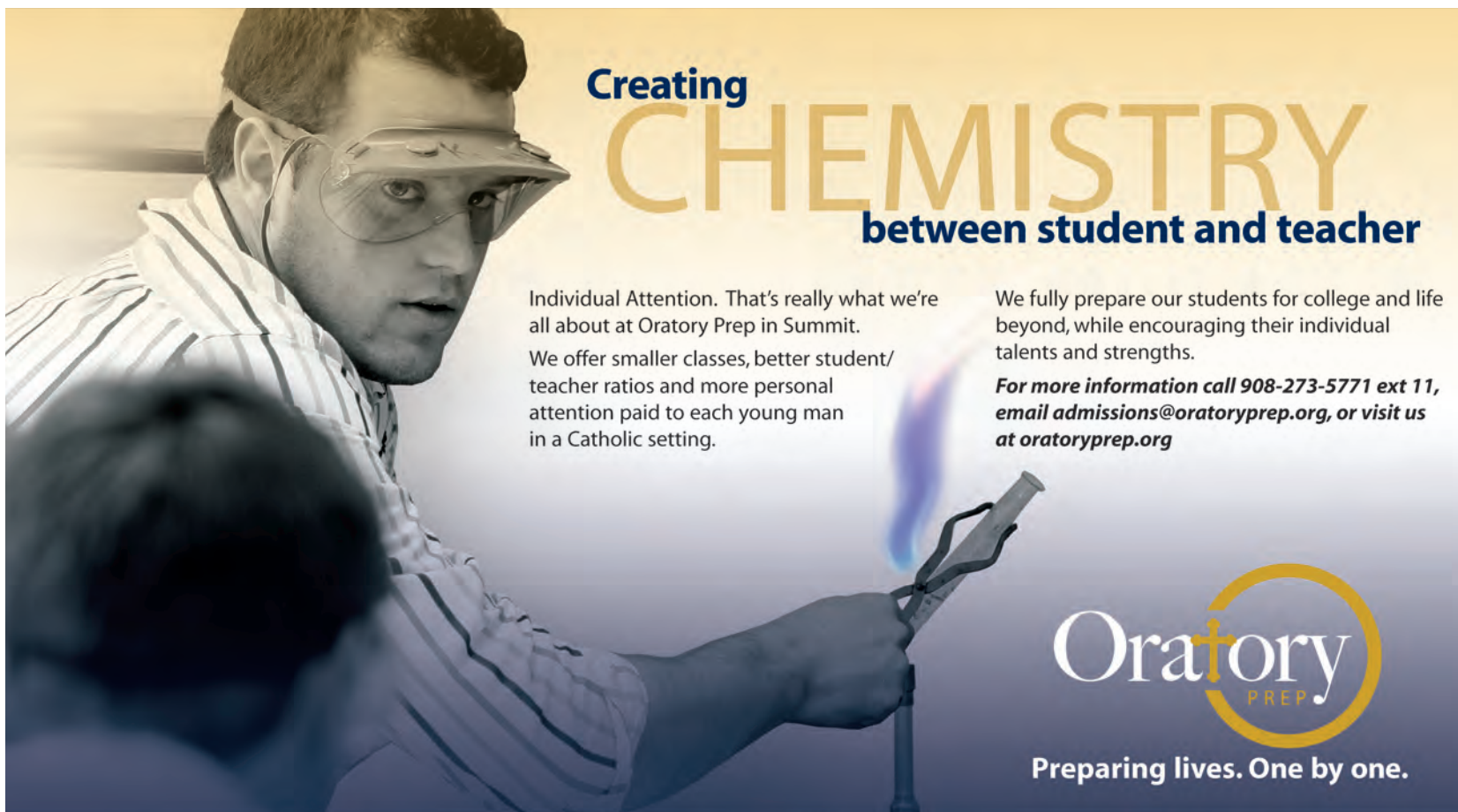


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*Tablets join SMART Boards, e-Readers and other technologies that are transforming the classroom experience.*

By Diane Alter

**A**round this time last year, Steve Jobs introduced the iPad to an eagerly waiting world. For many tech critics, the device was a head-scratcher. It was dubbed the “Giant iPhone” by its detractors. Among those who immediately saw the awesome potential of the iPad were educators. Tablet devices and e-readers (by this time next year there may be close to 100 out there!) seemed tailor-made for the technological needs and aspirations of schools at every level.

Teachers, students and educational researchers all nod in agreement that we have come to at an important place in the evolution of learning. Things seem to be changing at light speed. The same pulse-quickenning technology that drives lunchroom chatter is finding its way into classrooms all over the state in the form of SMART Boards, iPads and other devices that connect kids to information in attention-grabbing ways. It’s an exciting time to be a student.





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For teachers, it's a time of transition. They must evolve with the technology. Fortunately, the traditional forms of delivering information, despite losing ground, are not leaving the scene. Teachers know how to get students involved and active, and emerging technology is just another weapon in their arsenal. Power, after all, comes not from a cord. *Knowledge is power.*

Allison May, Director of Curriculum and Instruction at the Chatham Day School, confirms that the newest trends in education rely on technology. "Technology allows teachers to personalize education more effectively," she says. "By using the Kindle and iPads, teachers can attract more students to read." May also notes that online textbooks offer myriad tools for teachers to engage and retain students' attention.

At the Pingry School, teachers have found integrating tablets into the classroom flow to be a more or less natural process. "They are using iPads to create a forum for discussion, and a way to share which apps are working best



Photo credit: iStockphoto/Thinkstock



for each student,” reports Ted Corvine Sr., Pingry’s Assistant Headmaster and Lower School Director. “The next generation of technology is creating additional opportunities for differential learning and student collaboration in the classroom.”

At Oak Knoll School in Summit, students are benefiting from technology and online capabilities. They learn how to sift through data on wiki sites, utilize digital cameras, make use of computers, apply software and employ apps to learn, and make multimedia presentations. Science teacher Tatiana Kurjaninow notes, “Because businesses, companies and educational institutions are collaborating more online than ever, I believe it is so important for us to be teaching our students how to use these technology tools now in the classroom.”

Technology is also transforming the way parents, students and teachers keep in touch. Through email, blogs, and teacher websites, parents can communicate with the school 24/7. As we grown-ups catch up to our tech-savvy kids,



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## TABLET WARS

Prepare yourself (and your kids) for a battle royal between the tablet-makers. Apple broke the ice with its iPad in 2010, but in 2011 you can bet that the rest of the industry will be looking to match Apple's wow-factor and deliver product at a lower price. That's good news for schools, many of which are already trying to figure out how to get a tablet into the hands of every student.

In January at the Consumer Electronics Show in Las Vegas, several promising devices were unveiled. Motorola's Xoom tablet, which runs on Honeycomb—software created by Google specifically to power sophisticated iPad competitors—won all kinds of industry accolades.

Other new tablets that may be showing up in classrooms this year include the BlackBerry Playbook (a bit smaller than the iPad and Xoom), the iStation Zood (with 3D capabilities), the ViewPad 10 by ViewSonic and the NEC Android Cloud, which opens to two separate, side-by-side screens.

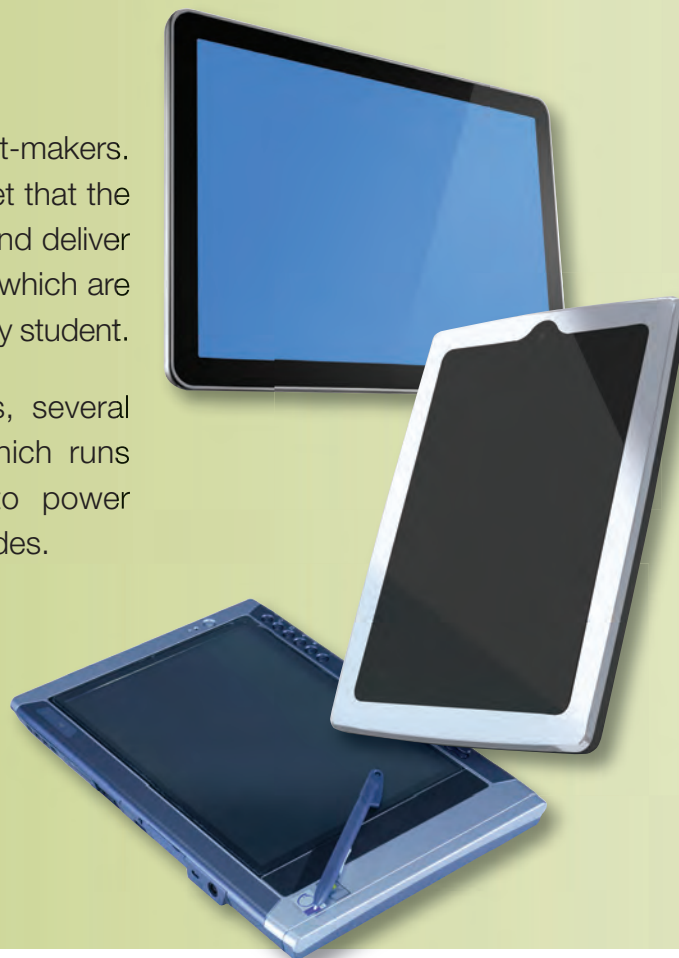


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this kind of communication will eventually just become a part of ordinary parenting.

Jennifer Phillips, Director of Educational Advancement at Far Hills Country Day School, predicts that, 10 years from now, no one will be questioning the role of technology in schools. Everyone will have it and everyone will use it. "No longer will we be asking, 'Should we use technology in this lesson?' Technology will be portable and accessible all the time, everywhere—and a given tool for all learning."

When Donna Toryak of Mount Saint Mary Academy looks into her crystal ball, she predicts that paper, pencils and textbooks will be passé, and will no longer be a staple of the traditional classroom. "Online and virtual classrooms may replace what we now see as students sitting in rows at desks, listening to a lecture or annotating the day's lessons. Technology is a very thrilling theme for the future."

The future has arrived at a growing number of New Jersey schools, and in some cases it's in the hands of four-year-olds. The Rumson Country Day School built a Passport to

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## IMPACT AT ALL LEVELS

Several studies suggest that children with developmental disabilities show greater progress in learning with the use of assistant technologies, like the tablets, e-readers, and netbooks, with their brilliant graphics, audio and multi-touch interface.

At the Arc Kohler School in Springfield, which serves children with developmental disabilities, Diane Hennessey, Supervisor of Education, says that technology has gotten a lot of attention at the school, and students have greatly benefited.

Several reading programs are in play that include new software to help guide teachers and instruct students using SMART Boards and iPads. Students are not just surviving—“they are thriving,” Hennessey says. “These purchases of new interactive technology benefit all students.”



Adventure afternoon enrichment program around 10 recently purchased iPads. “Our pre-school iPad program enables students to learn through interaction with technology,” explains Laura Small, a teacher and administrator at RCDS. “They practice and master letter recognition, handwriting and math concepts technologically as well as traditionally. The iPads also enable our pre-schoolers to explore hands-on different cultures, traditions and animals from around the world.”

Remember when teachers used to reprimand students for having their heads in the clouds? Well, Michael Chimes, Director of Academic Technology at Gill St. Bernard’s School in Gladstone, looks into the future and says, “Institutions like our school, and users like our faculty and students, will move to the Cloud.”

The Cloud is a service that stores applications and data on remote servers, allowing users to access programs and files without having to invest in expensive hardware or software. It is sometimes referred to as *virtualized computing*. “In other words, remote servers will hold the software and the files

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we work with,” says Chimes. “The web and all that is available will be far more accessible.”

For budgetary reasons—with which New Jersey parents are all too familiar—the most sophisticated learning technology tends to be in private schools right now, from kindergarten all the way through 12th grade. However, most schools have begun the transition to new technology and, as competition between hardware and software manufacturers intensifies, those schools that have had to wait will find it less expensive to play catch-up.

For now, the price tag of staying on the leading edge is still considerable. With tuitions rising in private schools and public school budgets gobbling up 60 to 70 percent of property taxes in some towns, many would argue that this is not a good time to pour precious dollars into educational gadgetry.

Granted, keeping up with technology may seem expensive and taxing. But, in the end, the price of ignorance is so much greater. **EDGE**



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# Cool New Jersey



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Sandy Hook

*More remarkable stuff has happened here  
per square mile than in any other state in the nation.  
These are the cold, hard facts.*

by Mark Stewart

**W**here would the planet be without New Jersey? Resist, if you can, the urge to crack wise and consider seriously for a moment the gravity of this question.

Yes, we have given the world an occasional glimpse of our seamier underside. A submerged mobster may resurface from time to time in the Hackensack River. Occasionally a

few civic leaders might get mixed up in some organ theft. And, okay, far too many of our youth are comfortable using the word “allegedly.” However, these are all mere jughandles on the road to greatness that our state has traveled.

In these pages, EDGE celebrates the remarkable people, places and things that make New Jersey the hottest thing going.



## SINGERS

*New Jersey's coolest "crooners"...*

1. **Frank Sinatra** (*Hoboken*)  
Never recorded *Newark, Newark*. Why?
2. **Dionne Warwick** (*East Orange*)  
Her collaboration with Burt Bacharach made music history.
3. **Paul Robeson** (*Princeton*)  
Magnificent bass-baritone and stage actor, his three-year run as Othello in the 1940s still holds the Broadway record for any Shakespeare play.
4. **Frankie Valli** (*Newark*)  
Just too good to be true. He made *Jersey Boys* as famous as *Jersey Girls*.
5. **Connie Francis** (*Newark*)  
*Where the Boys Are* star grew up in the Ironbound neighborhood.

**Honorable Mention: Donald Fagen** (*Passaic*)

Depends on whether or not you like Steely Dan.

## SWINGERS

*New Jersey's coolest jazz artists...*



1. **Count Basie** (*Red Bank*)  
Led his own groundbreaking band for 50 years.
2. **Sarah Vaughn** (*Newark*)  
Her PBS performance with the NJ Symphony in 1980 ranks among the greatest TV moments in jazz history.
3. **Dizzy Gillespie** (*Englewood*)  
Those cheeks...spectacular!
4. **Jimmy Johnson** (*New Brunswick*)  
Gifted pianist helped transform Ragtime into early jazz.

5. **Wayne Shorter** (*Newark*)  
Saxophone virtuoso was a Newark Arts High School grad.

**Honorable Mention: George Benson** (*Englewood Cliffs*)

Legendary jazz guitarist is a long-time Bergen County resident.

## BLINGERS

*New Jersey's coolest rap and hip-hop stars...*

1. **Queen Latifah** (*Newark*)  
Just celebrated her 20th year in the biz.
2. **Lauryn Hill** (*South Orange*)  
She and Zach Braff were friends and classmates at Columbia High in Maplewood.
3. **Ice T** (*Newark*)  
From Gansta Rap pioneer to TV cop on *Law & Order SVU*. Only in America.
4. **Poor Righteous Teachers** (*Trenton*)  
Who could forget this socially conscious hip-hop trio's haunting single, *Butt Naked Booty Bless?*
5. **Faith Evans** (*Newark*)  
Wife of the late Notorious B.I.G. has three platinum albums to her credit.



**Honorable Mention: Naughty By Nature** (*East Orange*)

Renamed East Orange "Ill-town."  
But you knew that already, didn't you?

## CA-CHINGERS

*New Jersey's coolest music superstars...*

1. **Bruce Springsteen** (*Freehold*)  
The Boss. Top of the list. Period.
2. **Whitney Houston** (*East Orange*)  
First wowed the world as a teen soloist at the New Hope Baptist Church in Newark.
3. **Jon Bon Jovi** (*Sayreville*)  
The hits keep coming.
4. **Southside Johnny** (*Ocean Grove*)  
The hippest thing ever to come out of Ocean Grove.
5. **Les Paul and Mary Ford** (*Mahwah*)  
Their Bergen County home studio turned out a bunch of #1 hits in the early '50s.

**Honorable Mention: Paul Simon** (*Newark*)

Moved to Queens when he was a baby, so not a "real" New Jerseyan. No truth to the rumor that *Bridge Over Troubled Waters* was actually the Goethals Bridge.



## STAR FACES

*New Jersey's coolest acting talent...*

1. **Meryl Streep** (*Summit*)  
A Bernards High School grad!
2. **Jack Nicholson** (*Neptune City*)  
You make me want to be a better man.
3. **Ed Harris** (*Tenafly*)  
Captain of the Tenafly High football team.
4. **Tom Cruise** (*Glen Ridge*)  
Cut from the Glen Ridge High football team.
5. **Bruce Willis** (*Penns Grove*)  
We forgive you for *Hudson Hawk*. Actually, no we don't.



**Honorable Mention: Frank Langella** (*Bayonne*)  
He brought Dracula to life on Broadway.

## SCARFACES

*New Jersey's coolest mobbed-up television and movie stars...*

1. **James Gandolfini** (*Westwood*)  
Raised in Park Ridge, graduated from Rutgers—a bona fide Jersey Boy.
2. **Ray Liotta** (*Union*)  
You're a pistol, you're really funny.
3. **Joe Pesci** (*Newark*)  
I'm funny how? I mean funny like I'm a clown? I amuse you? I make you laugh? I'm here to amuse you? What do you mean funny? Funny how? How am I funny?
4. **Steven Van Zandt** (*Middletown*)  
A member of the E Street Band and *The Sopranos*... that's a Jersey Double.
5. **Joe Pantoliano** (*Hoboken*)  
Joey Pants, yet another *Sopranos* alum.

**Honorable Mention: Sterling Hayden** (*Upper Montclair*)  
Film Noir heavy played the police captain gunned down by Michael Corleone in *The Godfather*.

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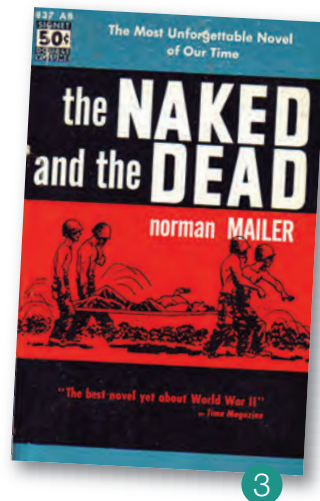
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## WRITERS

*New Jersey's coolest authors and poets...*

1. **Allen Ginsberg** (*Paterson*)  
The best of the Beat Generation poets.
2. **Dorothy Parker** (*Long Branch*)  
A leading light of the fabled Algonquin Roundtable.
3. **Norman Mailer** (*Long Branch*)  
*The Naked and the Dead* was on the best-seller list for 62 weeks.
4. **Philip Roth** (*Newark*)  
Several of his novels are set in Newark's old Weequahic neighborhood.
5. **William Carlos Williams** (*Rutherford*)  
Haven't read the epic poem *Paterson*? And you call yourself a New Jerseyan!



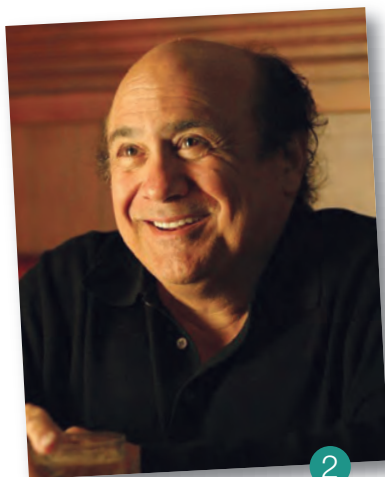
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**Honorable Mention: Walt Whitman** (*Camden*)  
His New Jersey retirement cottage was the epicenter of American literary culture in the late 1880s.

## DELIGHTERS

*New Jersey's coolest comic performers...*

1. **Jon Stewart** (*Lawrenceville*)  
Reminds us each night that the news is an inexhaustible source of laughs.
2. **Danny DeVito** (*Neptune*)  
Grew up in Asbury Park, went to boarding school (Louie DePalma—a preppeie?) in Summit.
3. **Bud Abbott** (*Asbury Park*) and **Lou Costello** (*Paterson*)  
Heyyyyyy Aaaabbottttt!
4. **Nathan Lane** (*Jersey City*)  
Born Joe Lane, he changed his name to Nathan in honor of Nathan Detroit of *Guys and Dolls*.
5. **Ernie Kovacs** (*Trenton*)  
Only a guy from New Jersey could have come up with a three gorilla version of *Swan Lake*.



2

**Honorable Mention: Jerry Lewis** (*Newark*)  
Ranks higher on French lists.

## FIGHTERS

*New Jersey's coolest pugilists...*

1. **Joe Walcott** (*Merchantville*)  
Won the heavyweight crown at age 37. Anyone nicknamed Jersey Joe goes to the top of the list, right?
2. **Marvin Hagler** (*Newark*)  
Marvelous Marvin was undisputed champion for almost eight years.
3. **James Braddock** (*North Bergen*)  
Played by Russell Crowe on the screen, the Cinderella Man was born in New York but fought out of Hudson County.
4. **Mickey Walker** (*Elizabeth*)  
A beloved champion, the middleweight often beat heavier boxers.
5. **Tony Galento** (*Orange*)  
Two-Ton Tony once knocked down Joe Louis in a title fight. He also wrestled a bear and an octopus, and acted in *Guys and Dolls* and *On the Waterfront*.



4

**Honorable Mention: Hurricane Carter** (*Paterson*)

Played by Denzel Washington in the Hollywood bio-pic.



Clinton Mill in Clinton

Photo credit: iStockphoto/Thinkstock



## MOVERS

*New Jersey's coolest political figures...*



- 1. Grover Cleveland (Caldwell)**  
Our 24th President, and the only one from the Garden State.
- 2. Aaron Burr (Newark)**  
Killed Alexander Hamilton and tried to start his own county. Those nutty Princeton grads!
- 3. Frank Hague (Jersey City)**  
For 30 years, no one in the state sneezed without his permission.

- 4. Thomas Kean (Hillside)**  
9/11 Commissioner set the bar high for NJ governors.
- 5. William Brennan (Newark)**  
Progressive Supreme Court Justice was best known for his “absence of malice” stand.

**Honorable Mention: Chris Christie (Newark)**  
Um...we're still waiting for that groundbreaking EDGE interview.



Newark

Photo credit: iStockphoto/Thinkstock

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## SHAKERS

*New Jersey's coolest cultural pioneers...*

- 1. Alice Paul (Mt. Laurel)**  
Took the fight for suffrage to unprecedented heights and won women the right to vote in 1918.
- 2. Buzz Aldrin (Glen Ridge)**  
His mom's maiden name was—you guessed it—Moon.
- 3. Bull Halsey (Elizabeth)**  
Guided the USS Enterprise through key battles in World War II.
- 4. James Marshall (Hopewell Twp.)**  
The original Blingmeister—first to discover gold in California.
- 5. Alfred Kinsey (Hoboken)**  
Known as the Father of Sexology....wait, I thought that was Barry White.

**Honorable Mention: Martha Stewart (Nutley)**  
Thanks to her, we all can be perfect.

## STAR-MAKERS

*New Jersey's coolest coaches...*

- 1. Amos Alonzo Stagg (West Orange)**  
A member of the very first All-America team in 1889, he went on to rewrite the playbook for college football.
- 2. Vince Lombardi (Englewood)**  
Began his legendary coaching career at St. Cecilia's in Bergen County. More importantly, has a rest stop named after him on the NJ Turnpike.
- 3. Bill Parcels (Hasbrouck Heights)**  
The Big Tuna was born and raised in Bergen County.
- 4. Bob Hurley, Sr. (Jersey City)**  
900-plus victories, 20-plus championships and the coach behind the Miracle of St. Anthony's.
- 5. Gene Wettstone (West New York)**  
Gymnastics guru coached Penn State to nine national championships between 1948 and 1976.



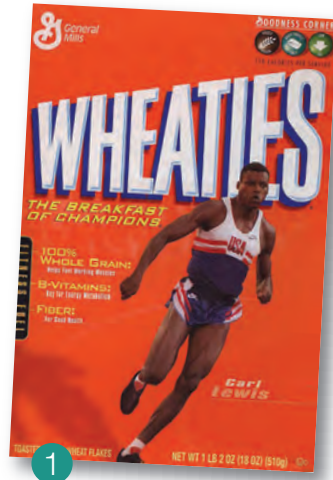
**Honorable Mention: Effa Manley (Newark)**  
Co-owned (but never coached) the Newark Eagles in the 1930s and 1940s, she was the first woman enshrined in the Baseball Hall of Fame!



## CHANCE-TAKERS

*New Jersey's coolest sports leaders...*

- 1. Carl Lewis (Willingboro)**  
Won Olympic gold in '84, '88, '92 and '96. Top that Michael Phelps.
- 2. Marty Liquori (Cedar Grove)**  
Marty ran a sub-4:00 mile... in high school!
- 3. Rick Barry (Roselle Park)**  
Last of the underhand free throw shooters.
- 4. Larry Doby (Paterson)**  
He and Jackie Robinson broke baseball's color line in 1947.
- 5. Franco Harris (Mt. Holly)**  
Steelers' star was John Grisham's favorite football player.



1



3

**Honorable Mention:**  
**Derek Jeter (Pequannock Twp.)** and **Shaquille O'Neal (Newark)**

Both were born in Jersey but grew up elsewhere, so it's a tie.

## EARTH-QUAKERS

*New Jersey's coolest sporting events...*

- 1. Princeton vs. Rutgers (New Brunswick 1869)**  
The first intercollegiate football game. The first tailgaters convened three hours before kickoff.
- 2. Cosmos vs. Santos (East Rutherford 1977)**  
In his farewell game in jam-packed Giants Stadium, Pele scored in the first half for the Cosmos, then switched sides and scored for his old Brazilian team in the second half. His fame helped America land World Cup 94.
- 3. Jersey City Giants vs. Montreal Royals (Jersey City 1946)**  
In his first game as a pro, Jackie Robinson electrified the crowd at Roosevelt Stadium with four hits and four runs in Montreal's 14-1 victory.
- 4. Ederle Sets Record (Sandy Hook 1925)**  
Gertrude Ederle set a record for the 21-mile swim that stood for more than 80 years. A year later she stroked her way across the English Channel.
- 5. Knickerbocker Club vs. New York Club (Hoboken 1846)**  
The famous "first" baseball game took place at the Elysian Field. Shhh...rumor has it that baseball was being played for 20 years before this in New York City.



4

**Honorable Mention: Let Pepe Play! (Trenton 1974)**

Two years after Little League Baseball banned Hoboken's Maria Pepe from playing with the boys, the New Jersey Supreme Court ruled in her favor. Today 50,000 girls play Little League baseball!



Princeton University

Photo credit: iStockphoto/Thinkstock



## DRIVEABLE

*New Jersey's coolest roadways...*

1. **Boulevard East (Weehawken)**  
New Yorkers pay through the nose for their Hudson River apartments, but the million-dollar view is really from the Jersey side in Northern Hudson County.
2. **Green Sergeant's Bridge (Sergeantsville)**  
Beloved covered bridge. Scheduled to be replaced in 1960, it was rebuilt after public outcry from the people of Sergeantsville and their neighbors.
3. **George Washington Bridge**  
Iconic structure drops to #3 here because half of it is in New York.
4. **Pulaski Skyway**  
This engineering marvel gained national historic status in 2005.
5. **Oceanic Bridge (Rumson & Middletown)**  
Spanning Monmouth County's Navesink River, it's considered by many to be the most beautiful bridge in the state.



**Honorable Mention: Bayonne Bridge**  
One of the longest and loveliest steel arch bridges in the world.

## ARRIVE-ABLE

*New Jersey's coolest tourist destinations...*

1. **Statue of Liberty**  
As of 1987, Liberty Island is officially ours!
2. **Atlantic City Boardwalk**  
The longest boardwalk in the world... but sadly, no longer home to the Miss America Pageant.
3. **Jersey Shore**  
From Sandy Hook south, more than 120 miles of beautiful beaches.
4. **Cape May**  
New Jersey's #1 tourist destination.
5. **Twin Lights**  
The Highlands landmark was America's launch pad for optics, wireless communications and radar technology.



**Honorable Mention: Ellis Island**  
Among the immigrants who came through this gateway were Bob Hope, Bela Lugosi, Charles Atlas and Chef Boyardee.

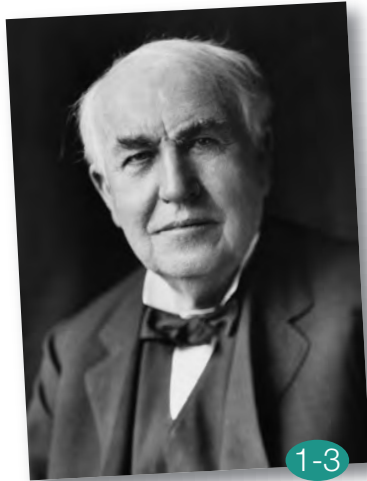


Photo credit: iStockphoto/Thinkstock



## SOUND IDEAS

*Coollest New Jersey inventions...*



1. **Light Bulb** (*Edison*)  
Edison was actually known as Raritan Township at the time.
2. **Movie Camera** (*Edison*)  
Menlo Park Mall is good.  
Menlo Park Museum is better.
3. **Phonograph** (*Edison*)  
Another Edison invention.  
Noticing a pattern here?
4. **Transistor** (*New Providence*)  
A little power in, a lot of power out. The first working one came out of Bell Labs in 1947.

5. **Charge-Coupled Device** (*Holmdel*)  
Another miracle from Bell Labs, circa 1969. The CCD is the key component in optical devices ranging from the Hubble Telescope to the camera in your cell phone.

Honorable Mention:

**Electric Chair** (*Edison*) and **Jughandle** (*Montville*)  
A tie—quick death vs. slow one.

## FOUND IDEAS

*Coollest New Jersey discoveries...*

1. **Radio** (*Highlands*)  
Marconi proved the commercial viability of wireless communication here in 1899.
2. **The Big Bang** (*Holmdel*)  
Robert Wilson and Arno Penzias proved this controversial theory with their experiments in cosmic background radiation at Bell Labs in 1964.
3. **Dinosaurs** (*Haddonfield*)  
The 1858 discovery of the aptly named Hadrosaur in a New Jersey marl pit launched American paleontology.
4. **Antibiotics** (*Piscataway*)  
Rutgers-educated Nobel Prize winner Selman Waksman developed (and named) these disease-fighting drugs in the 1940s.
5. **Zincite** (*Franklin*)  
Rare zinc oxide crystals, abundant only in New Jersey, were the “crystals” used in the first radio Crystal Sets before the advent of vacuum tubes.

Honorable Mention: **Valium** (*Nutley*)

Making it all better since 1963. Thank you, Hoffmann-La Roche.

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## FULL BLOWN

*New Jersey's coolest headlines...*

- Hindenburg Disaster** (Lakehurst 1937)  
Definitely not a miracle of German engineering.
- Lindbergh Kidnapping** (East Amwell 1932)  
H.L. Mencken called the abduction of the hero aviator's son the "biggest story since the Resurrection."
- Martian Landing** (Grover's Mill 1938)  
Orson Welles's Halloween prank proved the power of radio.



4

- President Garfield Dies** (Elberon 1881)  
He moved to the Jersey Shore two months after an assassination attempt and died 13 days later.
- Black Tom Blast** (Jersey City 1916)  
World War I sabotage in New York Harbor riddled the Statue of Liberty and shook windows all the way to Philadelphia.

### Honorable Mention: Washington Crosses the Delaware (Titusville 1776)

No actual headlines, but too important to leave out.

## HOME GROWN

*New Jersey's coolest edibles...*

- Jersey Tomatoes**  
Technically a fruit... which is probably why it's New Jersey's official state vegetable.
- Jersey White Corn**  
Sweet and tender. Hey, no stripping the corn in the store!
- Salt Water Taffy**  
Your dentist has just ordered new furniture for his living room.
- Jersey Blueberries**  
Once thought to be poisonous, today's blueberries are the result of early genetic engineering.
- Jersey Eggplant**  
We grow more than any state in the nation. Can you say rollatini?



3



### Honorable Mention: Taylor Pork Roll

Introduced by John Taylor of Trenton. Unchanged since the 1850s. Why mess with...urp...perfection?





## GLOBALY KNOWN

*New Jersey's coolest cultural "firsts"...*

### 1. Air Mail

The first Air Mail service went via sea plane from Keyport to Chicago in the 1920s.



### 2. Diners

The first gleaming pre-fab diners were made in Elizabeth during World War I.

### 3. Drive-In Movies

The world's first opened for business in Pennsauken in 1933.

### 4. Lazy Susan

Keyport again! The first was produced by William Beadle in 1854.

### 5. Campbell's Soup

The Camden company was an international brand more than a half-century before Andy Warhol turned its cans into pop art. Now sold in 120 countries.

### Honorable Mention: MTV's *Jersey Shore*

Proving you don't have to be good to be cool.

**Editor's Note:** Thanks to Christine Gibbs, Rachel Rutledge, Mariah Morgan, Caleb MacLean and Lily Kennedy for their work on this feature. Special thanks to the Twin Light Historical Society ([twin-lights.org](http://twin-lights.org)). Memorabilia images courtesy of Upper Case Editorial Services.

## PLEASE DON'T GROAN

*Some final cool things about New Jersey that the world has yet to fully appreciate...*

### 1. No Self-Serve Gas

If I had the choice, I'd never fill 'er up in another state.

### 2. Pledge of Allegiance

First recited as the National Loyalty Oath at the Twin Lights in Highlands in 1893.

### 3. The Pine Barrens

A UN International Biosphere Reserve and home of the Jersey Devil. What's not to like?

### 4. Omission of T's in the middle of words

Mitten, Kitten, Bitten.

### 5. Omission of R's at the end of words

...Ovuh, Rovuh, Clovuh.

### Honorable Mention: Kelly Ripa

Liked her on *All My Children*. Love her on *Live with Regis*.



Cape May

Photo credit: iStockphoto/Thinkstock



# EDGE PEOPLE



## PSYCHED UP

Dr. Roger Goddard, PhD, celebrates with interns in the Pre-Doctoral Internship Program in Professional Psychology at Trinitas. The program recently received the American Psychological Association (APA)'s maximum 7-year accreditation. Under his supervision, interns at Trinitas have challenging training experiences that help them contribute to patient well-being.

## TUXEDO PARK

It was no easy task to make the Best-Dressed List at the "wrap party" for EDGE's second year of publication. The event took place at Highlawn Pavilion, where more than 200 guests enjoyed great food and an incredible view of New York City. More photos on our Back Page.



## HIGH STYLE

The Highlawn Pavilion party featured the designs of this issue's cover girl, Irina Shabayeva. You can see more of her work on page 55, and read a Q&A with Irina on page 64 of this issue.



## OVER ACHIEVERS

Troop 68 Star Scouts Noah Boldt and Christopher Scalera present Union Lifetime Achievement Awards to former New Jersey State Senator Richard H. Bagger, Verizon Director of Public Affairs Ciro Scalera and Hilltop Community Bank President & CEO Mortimer O'Shea. The award is presented to those who exemplify in their daily lives the ideals of the Boy Scouts of America as expressed in the Scout Oath and Law.





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By Christine Gibbs



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### **BENCH PLAYER**

The whole crew will have it made in the shade with the **CANOPY BENCH** from VIPSeating Global. Available at [vipseatingglobal.com](http://vipseatingglobal.com)



### **FACE MASKING**

NHL Hall of Famer Marcel Dionne is one of the owners of **RALLY FACE**, which lets fans show their team spirit without messy face paint. Available at [rallyface.com](http://rallyface.com)

### **DREAM SEASON**

You can let sleeping dogs (and Dads) lie in the back of your pickup with the inflatable **TRUCK BED MATTRESS** from AirBedz. Available at [truckairbedz.com](http://truckairbedz.com)



### **FIRED UP**

The stylish and functional **ELEMENT GRILL** from Fuego North America is the hottest thing to hit barbecuing since the burger. Available at [elementbyfuego.com](http://elementbyfuego.com)





# EDGE on the EDGE



The EDGE Magazine family gathered at the Highlawn Pavilion in November to celebrate the conclusion of its second year of publication. More than 200 guests enjoyed the food, music and spectacular skyline view from the Watchung Mountains in West Orange. While other lifestyle magazines have struggled or failed in the past two years, EDGE has steadily increased its distribution and readership, and seen its paid advertising pages jump by nearly 300 per cent. The quality of EDGE from cover to cover is unmatched in the marketplace—as is the quality of care at Trinitas Regional Medical Center. To our readers and advertisers we offer our sincerest thanks for another wonderful year. Expect great things from us in 2011.





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