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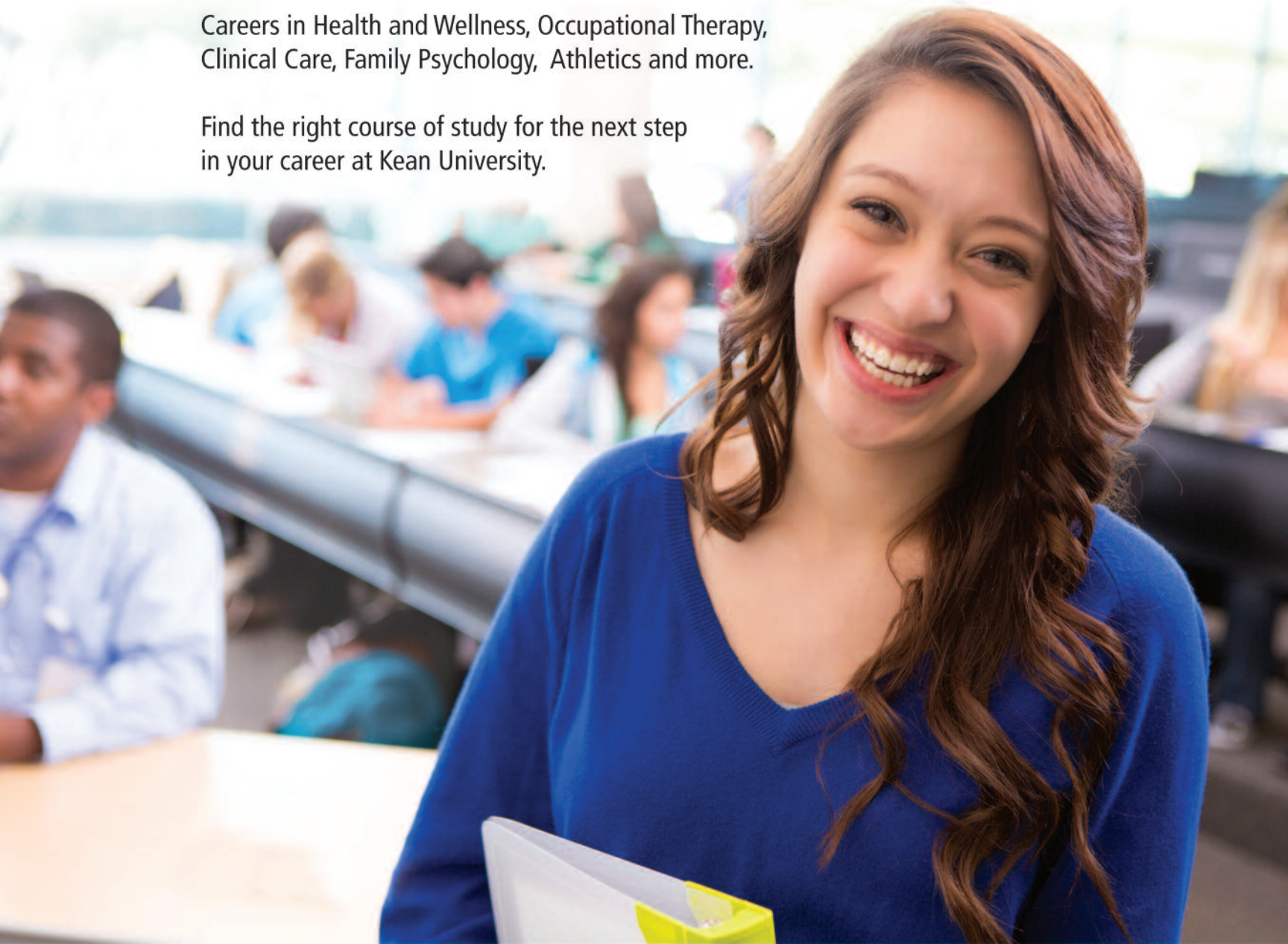
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EDGE

inside

The Head Over Heals Issue

EDGE Food
Tapping a Trend9
JENNIFER L. NELSON

EDGE Food
100 Steps15
ANDY CLURFELD

EDGE Home
Counter Revolutionaries21
ASHLEIGH OWENS

EDGE Travel
Wish Granted29
SARAH ROSSBACH

EDGE Interview
Jax36
TRACEY SMITH

Healthy EDGE
Brain Storm43
CHRISTINE GIBBS

Healthy EDGE
Ask Dr. D'Angelo50

Healthy EDGE
What's Up, Doc?53

ON THE COVER

Jax, Photo by Michael Becker/
Fox Broadcasting Network

27 DRESSES (Fox 2000 Pictures)
Bridal Dress: **ISABELLE ARMSTRONG**
Tuxedo: **IKE BEHAR**; Flowers: **CHRISTOFFERS**
FLOWER AND GIFTS

EDGE Fashion
Leading Ladies57
PHOTOGRAPHY BY NADINE RAPHAEL

EDGE Community
Schedule of Events.....64

EDGE Family
Blood, Sweat & Cheers67
DIANE ALTER

EDGE Interview
Al Jarreau73
TRACEY SMITH

EDGE Food
Sam's Town77
MARK STEWART

5 Minutes with...
Marcus Samuelsson96

87



65



ON THE RIGHT:

MIRROR MIRROR (Relativity Media, 2012)
Bridal Dress: **IRINA SHABAYEVA**
Bridal Headband: **CHERYL KING**



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President's Message

Spring has sprung, summer is stretching out before us, and love is in the air. What better time to publish our HEAD OVER HEELS Issue, which celebrates all the things we are passionate about? As has become something of a tradition at EDGE this time of year, we offer a Wedding Special, including a fashion shoot that pays homage to some of Hollywood's most memorable nuptial scenes. We also have a tribute to the weirdest, wildest and most wonderful New Jersey weddings.



Food is a huge part of this issue. Among the restaurants featured are 100 Steps, Paragon Tap & Table, Morris Tap & Grill, and one of my new favorites, Cross & Orange down in Asbury Park. We also have an exclusive *5 Minutes With...* Q&A with celebrity chef **Marcus Samuelsson**. Fair warning: don't read this issue if you're already hungry!

Our featured HEAD OVER HEELS interviews were both conducted by Tracey Smith. She caught up with **Al Jarreau** before he took off on his annual summer concert tour, and checked in with this issue's cover girl, **Jax**, who Jennifer Lopez called the most talented woman to hit the *American Idol* stage in years. The NJ native fell just short of the finals as we went to press. I think we'll be hearing a lot more from her!

Our Healthy EDGE section examines advances in brain-related medicine, Ask Dr. D'Angelo answers important questions about beach safety issues. Our Family section looks at the burgeoning business of cheerleading in New Jersey, our Travel section explores the Colombian city of Cartagena, and our Home section checks in with HGTV stars **Anthony Carrino** and **John Colaneri**, aka the Kitchen Cousins.

If you were looking for a little beach reading, well, this issue might last you all summer. And don't forget, Trinitas is always here for your medical and health needs—beach-related or otherwise.

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A CULINARY EXPLORATION

Take a Trip with 40NORTH Restaurants

State by State or Region by Region, depending on the restaurant, you do not have to stay in New Jersey when you Dine at one of 40NORTH's 11 locations. Corporate Chef Kevin Felice and Owners Anthony and Biagio Scotto have created a playful way of creating specials, while sending you on a culinary vacation through their seasonal touring menus.

"We wanted to create a unique and fun way to approach specials." said Chef Felice. "The thought behind the trips is to highlight regional and seasonal ingredients from various parts of the country and the world so our guests could experience flavors they may have never tasted before."

They tour through the regions of Italy at Piattino Neighborhood Bistro in Mendham, NJ. Currently Highlighting the Basilcata Region known for its sausages, peppers and rustic approaches to bread and cheese. At The OFFICE Tavern Grill in Morristown, NJ the trip is slightly different... It's a road trip across America. They are in California right now with ingredients from areas like the vineyards of Napa to the tomato fields in Sacramento. Always

looking to incorporate local ingredients as well, Chef Felice turns to the tri-state area to source other components to the dish. Whether it is pork sausage from the Hudson Valley or vegetables from the farms in New Jersey, Each dish is looked at and created specifically to highlight what's in season, what will be the freshest and what is going to make you want to come back and try your next dish from their menu or the next stop on their culinary exploration.

Stopping into The OFFICE Beer Bar and Grill, you will find a lineup of gourmet burgers from around the world. One of the favorites is the Italian "sausage & peppers" which is a 50/50 burger with sausage topped with sautéed peppers and onions and provolone. It pairs very nicely with their Italian Basil Lemonade! From location to location, you will always be surprised just what you will find on one of 40NORTH's touring menus... Or perhaps where you may just end up traveling to at your dinner table!

BELOW: PIATTINO'S BURRATA SAND-IZZA WITH BRUCHETTA, MICRO GREENS AND AGED BALSAMIC .



ABOVE: ITALIAN SAUSAGE & PEPPER BURGER, THE JERSEY WAKE-UP CALL AND THE ASIAN BURGER ON THE NEW TOUR OF THE WORLD MENU FEATURED AT THE OFFICE BEER BAR & GRILL



For more information on 40NORTH Restaurants, please visit www.40NorthRestaurants.com

Tapping a Trend

Two New Jersey restaurants are elevating the American Gastropub experience.

By Jennifer L. Nelson

The menus at Morris Tap & Grill and Paragon Tap & Table have something very special in common, and it's not the word *Tap*. Both restaurants—in Randolph and Clark, respectively—have built their kitchens on the immense talents of chef Eric LeVine. The East Hanover resident has racked up some serious hardware, including recognition as “Outstanding Chef of the Year” by the James Beard Foundation, Restaurant Guild International’s “Chef of the Year” Award, and the International Chef’s Association’s “Creative Caterer of the Year” and “Chef of the Year” awards. The two restaurants feature

extensive lists of craft brews, imaginative spirit and craft-beer cocktails, local farm foods, cutting-edge burgers and an assortment of creative menu items and desserts.

“The great thing about both is that you will always have a unique dining experience,” says LeVine. “We’re always creating something new and having fun with the menu, and we work hard to keep it interesting and whimsical. It’s casual, it’s comfort food, but there’s always a twist.”

LeVine is known for his ability to make culinary magic



happen no matter what he's preparing, whether it's a hand-crafted burger or a six-course *prix fixe* menu. "We're not pulling food out of the freezer," he points out. "We're making everything from scratch, from smoking our meats in-house to making our own sorbet and gelato."

That philosophy extends to the food truck-inspired selections at Morris Tap & Grill (regulars rave about the award-winning wings) or the rotating "retro" menu at Paragon. Picture a TV dinner menu with entrees like surf & turf with garlic broccolini and apple cobbler served, of course, in a traditional TV dinner tray. "Both restaurants have an amazing team of people who are all about taking the dining experience to the next level and making our customers happy," he says.

One of those people is general manager Mike DeSimone, whose intense interest in craft beer quickly set the restaurants apart from their competitors. "I had craft beer experience, but I'd never been able to put a program together like we did at Morris Tap & Grill," he says. "Initially, we weren't really thinking that we'd have such an influence on the craft beer scene in Morris County, but we quickly realized that we were pioneers. At the same time we were building the restaurant back in 2011, New Jersey was launching its brewing culture."

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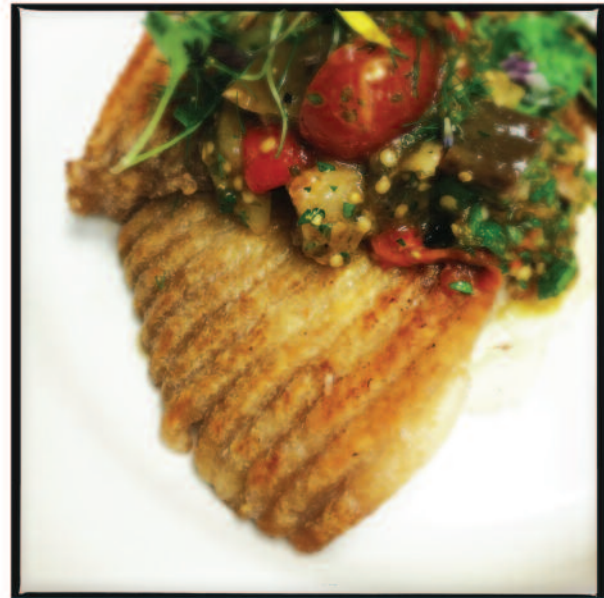
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The timing couldn't have been better. Customers were amazed to find so many local beers on tap, and flocked to the craft-beer events. Those events became a tradition at Morris Tap & Grill and gained instant traction at Paragon, which opened in 2014.

"I give Eric the flavor profiles of the beers, and he builds menus around them," DeSimone says. Along the same lines, DeSimone makes sure his servers and bartenders are attentive and proactive when it comes to pairing craft beers and food. "We don't just hand you a menu and walk away, we guide you through the process and suggest menu items that go particularly well with the beer you're drinking. We also ask what you find appealing about a particular beer and recommend others to try."

While the philosophy and concepts of the two restaurants are similar, there are some differences. Paragon is about half the size of the more established Morris Tap & Grill and the bar tends to be busier. It features a wider selection of New Jersey beers. Clark being more urban than Randolph, Paragon attracts a younger demographic, which in turn makes for a more casual atmosphere. "Paragon really brands the craft experience, whereas Morris Tap & Grill has a broader reach," DeSimone says.

The confluence of skills and experience DeSimone and LeVine brings to Morris Tap & Grill and Paragon Tap & Table certainly helps explain the unique qualities of each location. DeSimone began his career in Hoboken, with stops in New York City, Philadelphia and Charlotte before settling in New Jersey.



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CRAFT BREW FAST FIVE

New Jersey's Craft Beer scene is bursting at the seams. More than two dozen new breweries will open this year alone. If you're just getting into this trend, here are five Mike DeSimone recommends...

Kane Head High IPA "Brewed in Ocean, it is a world class IPA that hangs with the best of that style from around the country. Always fresh, which is the most important factor in this style."

Carton Milk Stout "We don't carry Guinness on draught, but nobody misses it once they have tried this creamy, lightly sweet & bitter Milk Stout from the boys in Atlantic Highlands."


Bolero Snort "One of my favorite breweries from North Jersey. Their beer gets better and better. Blackhorn Black Lager is a masterful blend of hops and roasted chocolate malts. Singlehandedly got me drinking lager again."

Forgotten Boardwalk "This beer is on fire! Since they opened a few months ago they have been everywhere. What The Butler Saw Witbier is amazing and will be on tap all summer along at both MTG & Paragon."

Ramstein Double Platinum Blonde "A Weizen Bock from the local masters of the German beers styles. 96 on Ratebeer.com. Fantastic!"



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In LeVine's case, one might say that life circumstances bred him for success. His passion for cooking was sparked at age six (thanks to a Disney cookbook, he recalls) in his Brooklyn household, where money was tight. "My mom did the best she could, but I grew up pretty poor," he says. "When it came to food, pickings were slim. You ate what you got, and that was it."

LeVine was working in restaurants at age 12, and went on to work alongside chefs from Italy, Japan and France. He studied at the Culinary Institute of America in New York and, after graduation, cooked for celebrity chef (and *EDGE* contributor) David Burke at the River Café. LeVine ended up as *chef de cuisine* at the Marriott Marquis in New York City and, at the age of 23, he was already launching his own catering business.

At age 29, he was told he had cancer. Now in his 40's, LeVine has been diagnosed with cancer a total of five times. While battling the negative side effects of his chemotherapy treatments in 2011, he was also battling it out on the popular Food Network cooking competition show *Chopped*...and won.

"You come out of the other side of all of this and start looking at things with a very different perspective," he says. "I know now that it's not about me, and I always try to put others first, whether it's my family or my staff and customers. More than ever, I've learned to see past my own personal tastes and how I like to cook and eat, and focus on my customers and *their* dining experience."

How has celebrity influenced LeVine's work?

"Time goes by and you win awards and you're on TV," he says, "but at the end of the day, I'm not a 'celebrity chef.' I'm just a cook. And I've had to learn the hard way what's really important.

"I'm always a work in progress...and, so far, it has been an amazing journey." **EDGE**

Editor's Note: Paragon Tap & Table is located at 77 Central Avenue in Clark, just off the GSP. Morris Tap & Grill is located at 500 NJ 10, about 10 minutes west of Rte 287 and a few miles south of Rte 46. Eric LeVine has authored two cookbooks: *Stick It, Spoon It, Put it in a Glass* and *Small Bites, Big Flavor: Simple, Savory, and Sophisticated Recipes For Entertaining*.



PAYING IT FORWARD

Though chef Eric LeVine's personal health struggles impacted every aspect of his life—including his approach to food and cooking—it also translated into a strong desire to help others in need. LeVine and his restaurants are closely linked with local organizations such as the Family Reach Foundation and the Community FoodBank of New Jersey; he frequently advocates for the American Cancer Society, and has been recognized with their prestigious Heart and Soul Award. He also teaches classes and seminars for organizations like the International Caterers Association to help aspiring caterers develop innovative methods of growing their business. "No matter what, it's about people and doing for others...and hoping to help them make a difference in their own lives," he says.

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100 Steps

“Red snapper, flashy with a spinach pesto and happily plated with roasted onions and smashed potatoes pocked with olives, took a liking to the shellfish-infused butter sauce the kitchen whipped up.”

By Andy Clurfeld

100 Steps

215 Centennial Ave., Cranford. Phone: 908.276.6600

Reservations accepted. Open for dinner Tuesday through Saturday from 5 to 10 p.m. and Sunday from 4 to 8 p.m. There's a Raw Bar Happy Hour Thursday through Saturday from 4 to 5:30 p.m. Visit the web site, 100stepsrawbar.com, for more information about special events, including Sunday brunches and Tuesday Tunes & Taco Night. BYOB. Prices: Raw bar dishes range from \$2 to \$4.50 per clam or oyster to \$49 per baker's dozen of specialty oysters to \$100 for the "Grand Tower." Ceviches are generally \$14 to \$36, with market priced ceviches also offered. Small bites are \$6 to \$9, small plates \$12 to \$15, pastas \$20 to \$22, and entrées \$22 to \$34. Note that the menu changes frequently and seasonally. Major credit cards accepted.

A short stroll up Centennial Avenue in Cranford from landmark restaurant A Toute Heure sits the intriguingly named 100 Steps Supper Club and Raw Bar. Smile at this not-so-in-house joke. It's the heel-to-toe step count from Mama Restaurant to lovingly conceived Baby Restaurant, as divined by owners Andrea and Jim Carbone.

A Toute Heure, never light on diner traffic—and diner traffic from near and far, given the restaurant's stellar reputation as a place for exquisite plates of carefully sourced, skillfully prepared food—begged for offspring. The Carbones, and their executive chef Kara Decker, fielded pleas from their fans for more, for another place to eat and learn from the folks who understand so well how to give a restaurant a singular voice.

They didn't want to shortchange A Toute Heure in the slightest; not their religion. They didn't want to leave the neighborhood; it's their home. They didn't want to miss a beat, ever; their mission is pure, their ethic unshakeable. When a place up the street came on the market, they jumped. Rather, they took that 100-step journey and found the perfect partner for A Toute Heure.



Jennifer Lavelle/Courtesy of Andrea Carbine

Where A Toute Heure is intimate, 100 Steps is social. It's the difference between a tete-a-tete and a party. But don't think noisy and uncontrolled: 100 Steps is as smart food-focused as its parent restaurant. It's the atmosphere that's different, open and airy, casual in a bump-into-friends, strike-up-a-conversation-with-strangers way. Since it opened a year and a half ago, 100 Steps has become a

spot where folks drop in for some oysters at the Raw Bar Happy Hour Thursday through Saturdays from 4 to 5:30, then return a day or three later with the family for the Sunday Supper menu. It's neighborhood-y, even though—as with A Toute Heure—diners are traveling a distance to partake in the hospitality and soul-satisfying fare.

I came for the oysters, scarfing down in short order Wiley Points, briny, yet meaty, from Damariscotta, Maine; Island Creeks, which finished with a snappily sweet tang, from Duxbury, MA; and Fin de la Baies, subtle and coy, from New Brunswick in Canada. Maine came to our table again, in the form of a peekytoe crab remoulade, a chop of the sweetest crab on the planet and cornichons, capers, parsley and lemon, all bound by an aioli brightened by crème fraiche. My, this was yar.

The scallop ceviche was rockin'. Given sizzle by a shot of Calabrian chili oil and calmed by a thyme-laced buttermilk aioli, this reinvention of a standard had an elusive element to it—a riff of umami powered by miso that tasted at once charred and sweet.

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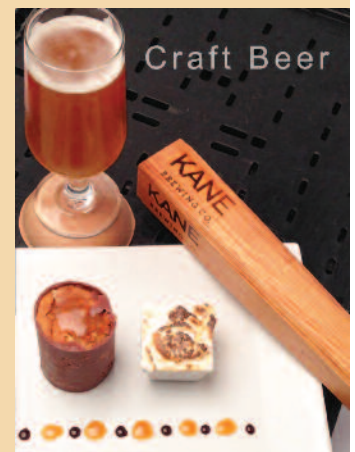
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Jennifer Lavelle/Courtesy of Andrea Carbine



Clam chowder plumped by littlenecks and made hearty by potatoes not just boiled or baked but given the slow-cook of confit status, should be ordered not by the cup, but the gallon. If you're an Ironbound regular and high on the classic shrimp with garlic staple found everywhere in that 'hood, don't pass up a chance to up your game with the local version: Here, shrimp is sautéed with pimenton, a smoked paprika, then given a bath in butter refreshed with cilantro and sideshows of tomato and arugula. Talk about eating and learning. While we're on the subject, 100 Steps' charred octopus is one for the textbooks, served as it is with creamy cannellini beans, slivers of red onion and a crème fraiche topper energized by more of that smoky pimenton.

Jennifer Lavelle/Courtesy of Andrea Carbine



Chef Eric Levine



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Jennifer Lavelle/Courtesy of Andrea Carbine



Only the roasted cauliflower, mushy and overwrought with a bitter pesto and served with radishes whose pepperiness wasn't the appropriate counterpoint, didn't make the grade in our opening rounds.

But gnocchi, sitting pretty with shiitake confit in a miraculously light buttery fondue of a sauce topped with shreds of crisped sage, warmed us. I couldn't stop myself from hoarding the entrée known as "K's Braise," as Provençal a rabbit stew as you can find this side of Aix, cosseted with polenta and dotted with green olives, pancetta and currants. Everything that should be there was there.

Red snapper, flashy with a spinach pesto and happily plated with roasted onions and smashed potatoes pocked with olives, took a liking to the shellfish-infused butter sauce the kitchen whipped up. If you have kids aboard, consider booking here on a Tuesday, which is Taco Night, complete with live music. Ours loved the fish tacos, stuffed with pollock, as well as the chicken tacos.

I only wish my own childhood included 100 Steps' caramel banana pudding. Vanilla drop cookies! A pop of sea salt in the caramel! Modern meets Harriet Nelson. Chocolate

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cake with a fudge brownie base comes with sour cream ice cream and a fudge sauce and English toffee AND salted pecans. Can life get any better? Yes. Yes, if you remember to ask for peanut butter chocolate chip cookies in a to-go bag.

The name 100 Steps might, for some, inspire all sorts of puns, gimmicky one-liners and general silliness. I can't do that: It's too hard to find a casual restaurant with this level of conscientiousness; any assessment must be serious. The folks behind the scenes here set the bar high with A Toute Heure, yet managed to hit the heights again with a restaurant completely different in attitude and atmosphere. As I left 100 Steps, I plotted: Some night, soon, I'm going to eat dinner at both 100 Steps and A Toute Heure. I can do it, I know I can. **EDGE**

Editor's Note: Andy Clurfeld has been shouldering the load on restaurant reviews since the second issue of *EDGE*. During that time, she was a 2010 Pulitzer Prize finalist in Public Service for her work exposing the flaws, injustices and abuses in New Jersey's property tax system. Andy also has published in-depth reporting on a range of topics, including criminal street gangs, agriculture, politics and the environment. A longtime member of the James Beard Restaurant & Chef Awards Committee, she is a specialist in artisan wines and recently was appointed Wine Director at Buy-Rite Corporation, implementing educational programs, coordinating special events and developing artisan wine sections for select stores.

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home **EDGE**

Counter Revolutionaries

New Jersey's 'Kitchen Cousins' have a lot on their plate in 2015.

By Ashleigh Owens

So you thought *your* kitchen was a train wreck? Anthony Carrino and John Colaneri, HGTV's ubiquitous Kitchen Cousins, pride themselves in transforming hopeless residential and commercial cooking spaces into spectacular, high-functioning showplaces. This summer, the cousins embark on their newest reality venture, *America's Most Desperate Kitchens*.

Back in late-2014, HGTV asked viewers to send in 90-second videos that proved their kitchens were totally hopeless. The network received a flood of submissions that ranged from shameful to catastrophic, picked the most challenging (and funniest) and then dispatched Carrino and Colaneri to make a little magic. *America's Most Desperate Kitchens* marks the fourth series for the talented and likeable



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duo, who run Brunelleschi Construction in Jersey City. They have gained a legion of fans with *Kitchen Cousins*, *Cousins On Call* and *Cousins Undercover*.

Fans of the cousins are already setting their DVR's for the opening episode, which airs on July 1. In the meantime, one can enjoy their latest renovation creation on Erie Street

in Jersey City, where Carrino and Colaneri recently opened Carrino Provisions, a gourmet market with a family-style Italian restaurant housed in a reclaimed 19th century factory building.

Authenticity is everything in the Reality TV game, and the cousins have taken their lumps on more renovations than they care to remember. Prior to their new show (which has them traveling all over the country), they had worked almost exclusively in New Jersey. What better proving ground for construction and design skills than the old (and not-so-old) homes of the Garden State? As much as they love the challenge of updating antique houses, both agree that falling in love with an old home can be a slippery slope.

"I love a good old home or structure, but they can very quickly become money pits," Carrino cautions. "The important thing for buyers is to get a really good home

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A FEW OF MY FAVORITE THINGS

What are the Kitchen Cousins' favorite materials to work with?

John Colaneri: Wood, metal and stone. All three of these materials give any space a warm and unique feeling. I love using natural materials when designing and building homes. I always try to incorporate these three elements into my designs.

Anthony Carrino: I use myriad materials depending on the project. It's my job to know what's out there, so I have a good stockpile of materials I love to work with. If I had to pick three I would say live edge wood slabs, raw steel and concrete. Raw materials just speak to me.



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inspection prior to purchase, so you understand what you're getting into."

"I love old homes and the history they have," adds Colaneri. "You find architectural features that are so hard to come by

these days. The only downside of an old home is that nothing is up to code, and it's going to cost a lot of money to renovate."

Brunelleschi Construction only does restoration work. According to Colaneri, the blending of old and new is what fuels the cousins' passion. They find New Jersey to be an ideal place for their specialty because of the large number of older and historic homes. They also find it amazing how little most owners know about their dwellings. Nine out of 10, says Colaneri, have no clue as to the condition of the mechanical systems.

"These are the things that are not in front of your face or too glamorous, but they will cost you the most in the end," he warns. "If you are buying an old home, make sure the air conditioning and heating systems and the electrical have been maintained and updated over the years. It's just like a



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AN APPETITE FOR HISTORY

Prior to launching their new show, Carrino and Colaneri completed a major project in Jersey City in partnership with Chef Dale Talde: Carrino Provisions, a food destination that features a market, coffee bar and Osteria. The market space, which was designed by the cousins, has an old-country feel with white brick walls, hand-painted signs, fresh-baked breads and pastries, artisanal meats and cheeses, and local produce. The Osteria offers Chef Talde's take on Italian cuisine, with large shareable portions of handmade pasta.



Courtesy of HGTV

Dale Talde made a name for himself across the harbor in Brooklyn, where he and partners John Bush and David Massoni operate TALDE and the Thistle Hill Tavern, both in Park Slope. His take on Asian-American cuisine earned rave reviews and a loyal following. The trio opened TALDE Jersey City a stone's throw from Carrino Provisions, with a major renovation assist from Carrino and Colaneri, who incorporated the circa 1880 building's elevator wheels into the restaurant's industrial chic design. Meanwhile, the lighting has a distinctly Asian influence, with silk-and-wire lanterns illuminating the main dining space. Both TALDE Jersey City and Carrino Provisions are located on Erie Street, between Bay and 1st Street.

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car—what’s under the hood makes a big difference.”

Anything having to do with the foundation or structural integrity of an old home is a potential deal-breaker, adds Carrino. “Along with a roof that’s in poor condition, those

are things that can suck your budget dry before you even begin your renovation.”

When is a house a tear-down? Everything is fixable, the cousins claim. It’s just a matter of time and money. However, if the structural integrity of a home is profoundly compromised, it may not be worth saving. On the subject of newer homes, Carrino and Colaneri tend to be tepid. They are not fans of the boxy “McMansions” popping up where farms and forests used to be. Will they one day qualify as older homes? Better yet, will they even outlast their 30-year mortgages?

“That’s a hysterical question!” Carrino laughs. “Not that I want to avoid it, but without knowing the builders or walking the homes, I wouldn’t be able to comment as to the build quality.”

“Hey, if the local municipality approves the plans, then they have to deal with them down the road,” smiles Colaneri.

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"I hope towns realize that they do not look good and put a stop to it."

Obviously, neither cousin would think of purchasing a brand-new house. After all, one has to keep up appearances. But would they consider buying an older one that needed absolutely nothing done to it?

"Never," insists Colaneri.

"I don't think so," Carrino agrees. "I couldn't buy something I couldn't gut...or rebuild from the ground up." **EDGE**

Editor's Note: John and Anthony were discovered by an HGTV producer who lived in Hoboken. Their all-time favorite New Jersey build was a firefighter's home flooded during Sandy, done in conjunction with Ellen DeGeneres. The cousins can also be seen in the online series Chill & Grill (Ulive.com) and MANuSCRIPT (AOL).

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For the Head

By Christine Gibbs



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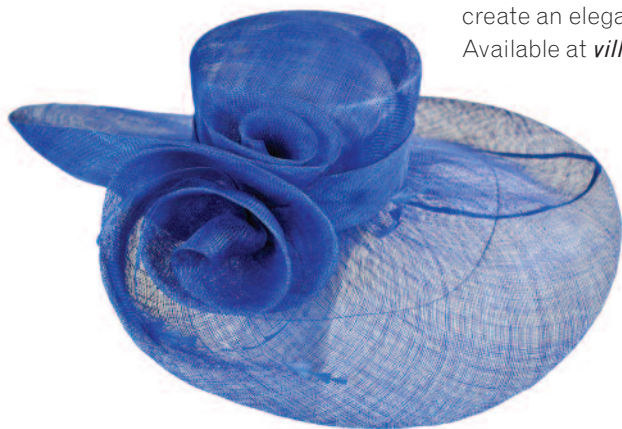
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Wish Granted

From its chaotic recent past, Colombia has emerged as a popular travel destination.

By Sarah Rossbach

A line of Colombians clasping bouquets of carnations, roses and lilies forms in the quiet of the nearly deserted Central Cemetery in Bogota. Not far from the alley of the lonely tombs of Colombia's presidents sits a polished bronze statue, a somewhat less-artistic version of Rodin's Thinker, flanked by a serious middle aged man in a crisp tailored suit

whispering intently into the statue's ear. Seated near the statue sits a robed "priest" (I am told he is not ordained) who has set up a card table and reads a Mass, for which he is paid by supplicants. He rings a bell to indicate the man's time is up.

Scores of bouquets have been left around the statue, covering the grave of the long-dead man, which is said to



Sarah Fleming

have been endowed with the power to grant wishes. There are many stories of his posthumous prowess in fulfilling desires, bestowing love, healing the sick and easing financial or emotional distress. One young man tells me of his frustrating job search. He made a pilgrimage to the statue and petitioned for help. Right after making this request, a sudden breeze arose around the gravesite, lifting leaves and flowers into a mini swirl. He took this as a sign that his wish had been heard. Only two days later, he received an overseas call with a job offer from an international firm in Miami.

Such is the magical realism you might find in a Gabriel Garcia Marquez novel. In fact, this is the grave of Leo Kopp, my great-grandmother Ida's brother. Leo Kopp was a German Jewish agnostic, who immigrated to Colombia and founded the Bavarian Brewery—now South America's second largest brewery—in the late 19th century.

This is my first trip to Colombia. For five generations, my family in North and South America has more than kept in touch. We have become good friends. Our friendship was

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If you are drawn to Caribbean beaches and snorkeling, you can take a boat to the islands (Islas del Rosario), where one can either spend the day or the night. The Santa Clara Hotel has a sister hotel in the islands, the Hotel Majagua. For travelers who prefer smaller boutique hotels, villas or B&B's, Cartagena offers quite a few, including Tcherassi Hotel, Hotel Casa del Arzobispado, Hotel LM, Ananda Hotel Boutique and Hotel Casa San Agustin. It's also a good idea to make dinner reservations at some of the better restaurants, including La Vitrola, Don Juan, Harry Sasson Bar at the Hotel Santa Teresa, La Vera, Juan del Mar, Cafe del Santisimo, 8-18, Alma, Café San Pedro, Restaurante Club de Pesca and Fuerte de San Sebastián del Pastelillo.



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forged in the 1990s when Colombia was plagued with violence. Murders and kidnapping—from both guerrilla and drug wars—convinced my cousins to move their children, who were my kids' ages, up to New York. We spent many fun, multi-generational holiday dinners together and, since they returned to a safer, saner Colombia, we continue the family tradition of keeping in touch.

For years, Colombia was off the tourism radar. Recently, however, travel stories have been cropping up in *The New York Times*, *The Wall Street Journal* and *The London Times*. Even Bergdorf Goodman's 2015 spring fashion magazine ran a two-page story on the picturesque coastal city of Cartagena. Though still a relatively well-kept secret, Colombia is fast becoming a go-to destination.

As well it should be. Colombia is a country rich in history, geography and diversity. From the haciendas of the coffee region, to the coast that stretches from the Pacific to the Caribbean Sea and Atlantic coast, from the Amazon River jungle, to the Andean Mountains, Colombia offers many climates and experiences within an hour's plane flight of the capital city of Bogota.

CARTAGENA

Cartagena, a fortified town on the Caribbean, is the country's most tourist-friendly. It offers an array of large resorts, boutique hotels and hostels within the old town, which has been designated a World Heritage site by UNESCO. With its bright pink, ochre, salmon and sky-blue painted villas, old town Cartagena is "Cuba Lite," without visa complications.

On our most recent visit, we stayed at the Sofitel Santa Clara, one of the two best luxury hotels, the other being Hotel Santa Teresa. Built within the thick historic walls of the 1621 Franciscan convent of the nuns of Santa Clara, the Hotel Santa Clara successfully blends traces of its past with modern amenities. Alongside the original convent chapel, wells, crypt and confessional booths is a lush courtyard punctuated with a reclining nude holding an apple by sculptor Fernando Botero—a plus-size Eve in paradise. In contrast to the building's former monastic life, the Santa Clara offers a spa, as well as an Olympic-sized pool with attendants happy to serve you snacks and fruit drinks. You'll need to plan your trip early. When we called for a reservation a month in advance, the town was booked—with multiple



Sarah Fleming

destination weddings, conferences and a golf tournament. In addition to being a tropical getaway, Cartagena plays host to music, film and literary festivals in the winter months. By some stroke of luck (thank you, Leo Kopp?) we snagged the last accommodation at the 123-room hotel.

Formerly a strategic harbor—where the galleons of the Spanish conquistadors were loaded with pillaged treasures of gold, silver and gems to be shipped in heavily armed convoys back to Spain—Cartagena has seen quite a bit of action over the centuries. Under Spanish colonial rule, it functioned as a slave-trade center and endured catastrophic fires, pirate attacks and battles for independence. It witnessed a civil war, decades of political strife and an economic downturn at the end of the 20th century. And speaking of action, you may recall that Cartagena was in the headlines for some Secret Service indiscretions prior to a conference visit from President Obama, and also for an infamous selfie that featured a snoozing Justin Bieber.

As Monty Python once said, nobody expects the Spanish Inquisition. And it's true. We were surprised to learn that for much of the 17th century, friendly Cartagena was one of three South American seats of the Spanish Inquisition. Here, tribunals condemned heretics and practitioners of witchcraft. A visit to the building known as Palacio de la Inquisición confirms this fact. It houses a museum of the Inquisition's relics, ranging from a device that determines if the accused was a witch (innocent or not, you die either way) along with assorted instruments of torture.



Sarah Fleming

Whatever the challenge, like a phoenix, Cartagena has risen from rubble over and over. Ten years ago, for example, the old section was a poverty-stricken barrio. Today, you can safely walk the circumference of the old city and gaze out on the bay from the thick fortification wall, a defense built after Sir Francis Drake plundered Cartagena and held it for ransom in 1568. Within the ramparts, you will find brightly painted villas covered in bougainvillea which line narrow streets of fruit-vending carts, stores selling Colombian crafts, and restaurants offering fresh-caught fish carpaccio and ceviche, with the sound of Cuban salsa drifting through the air. Cartagena is punctuated with lovely tree-shaded plazas, including the Plaza Santo Domingo, with a reclining plump nude Botero bronze.

BOGOTA

In stark contrast to the sleepy Caribbean resort town of Cartagena is Bogota, an easy 70-minute flight away. A teeming metropolis of 7 million people situated 8,660 feet above sea level, Bogota's climate is a temperate 40 to 70 degrees. This Andean city has emerged from decades of

SAFETY FIRST

Yes, peace has come to Colombia. No more need for bulletproof cars or bodyguards. That's not to say that you can totally let down your guard. While Cartagena is safe even at night in many sections, guidebooks still caution visitors to Bogota to leave their passports in the hotel safe, not to wear valuable jewelry or flaunt expensive cameras, and to beware of pickpockets. Of course, the same warning could also apply to the New York City subways. While visiting high Masses in churches in La Candelaria, a woman approached my cousin suggesting she turn the stone of her small diamond ring around. Random taxis are also to be avoided—your hotel can give you an app to contact a reliable car service.



Sarah Fleming

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SO WHAT EXACTLY HAPPENED?

The changes in Colombia over the last dozen years have been nothing short of astonishing. The peace process initiated by President Alvaro Uribe (2002–2012) led to the demobilization of guerilla and paramilitary groups, which in turn gave the government control of the nation's drug-producing regions. This further reduced the level of danger and violence. About a year ago, the Colombian government met in Cuba with representatives of the rebel group FARC to hammer out an agreement to keep the peace permanently. The country has a robust economy, with an oil industry that cranks out a million barrels a day. In the last few years, nearly a million Colombians have been lifted out of poverty, and economic reforms have been put in place that aim to lift millions more.



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guerrilla war, drug trafficking and kidnappings to become a vibrant cosmopolitan center. A sign of the times is that many international hotel chains are investing in Bogota. The Four Seasons Hotel is renovating two additional properties there.

Home to many libraries, museums and universities, Bogota is known as the “Athens of South America.” Many of the finer institutions are housed in the Centro, as well as Bogota’s old section, La Candelaria, which dates back to the 16th century and features the ornate, colonial-era cathedral and churches that border Plaza de Bolivar. Not to be missed in La Candelaria are two world-class museums. The Museo del Oro artistically displays over 55,000 pieces of gold from the pre-Colombian era, while Museo Botero exhibits Botero’s signature rotund people, fruit, animals and birds, as well as the sculptor’s first-class collection of impressionist and modern art, including works by Monet, Matisse, Degas, Picasso, Balthus, Klimt, Moore and Calder. Besides being a quirky, prolific artist, Fernando Botero had a terrific eye for other artists’ work. A perfect conclusion to a day in La Candelaria is dinner on the rooftop patio of the Hotel de la Opera, which overlooks the tops of churches and the Palace of Justice.

On the recommendation of my cousins, we stayed at the Sofitel Bogota Victoria Regia on a street with very good restaurants. We particularly enjoyed Primi, an Italian restaurant located across the street from the hotel.

The food scene in Bogota is growing rapidly. We liked the light crust pizzas at Julia’s, a popular hole-in-the-wall pizzeria, the grilled meat and Latin beat of Andres, and the Peruvian-Chinese fare at Maman Tusan’s in Usaquen, a picturesque old village within the northern border of the city.

Bogota has several high-end shopping malls. The top (3rd) floor of El Retiro shopping center has a Colombian food



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court called La Plaza de Andres with reasonably priced meals. If you’re looking for pre-Colombian-inspired jewelry, L.A. Cano in the Centro Andino shopping mall offers some affordable and attractive earrings and necklaces. Or if you are looking for indigenous crafts, Artesanías de Colombia is a reliable resource.

Back at the Central Cemetery on my last day in Colombia, it’s finally my turn to leave a bouquet of roses at Leo Kopp’s statue. Together with my cousin, we step up on either side and each whisper in his ear. That the strong family Colombian connection lives on through future generations, I’m sure Leo and Ida would be very, very happy. **EDGE**



EDGE

interview

Jax



Fox Broadcasting Network

Idol worship has come to New Jersey in the form of **Jackie Cole**, a spunky blond teenage chanteuse known to millions of music fans by her three-letter nickname, **Jax**. A native of East Brunswick, Jax powered her way to the finals of *American Idol* (Season 14) this spring, making it farther than any New Jersey singer in the show's history. She is an original in every sense of the word—her look, her attitude and her voice—right down to the (non-permanent) trademark X on her left cheek. **Tracey Smith** caught Jax heading into the Final 3. Somehow, she fell one round short of victory...but we suspect we'll be hearing from her long after the two finalists have faded from memory.

EDGE: What kind of advice do *American Idol* contestants get from the judges?

JC: All three of the judges commented that I am an artistic person and to stay artistic and focus on being creative. The most inspiring advice was to stay in the moment, stay present, because you can lose yourself in a lot of other moments, instead of the one you're actually in. In the performance, it's important to stay in the moment.

EDGE: What goes through your head when you perform in front of millions of television viewers?

JC: It depends on the song. I often think of my parents and family members—because they're sitting right in front of me! They are getting to watch the most incredible experience of my lifetime. Sometimes I'll think about a guy, again, depending on the lyrics. A lot of times I'll just think about myself.

EDGE: How far back can you trace your singing career?

JC: I have been singing since I was able to talk. And I was fortunate enough to have known my calling as an entertainer for a very long time—since I was the age of three. I've always wanted to sing. As far back as I can remember.

EDGE: What have your musical influences been?


JC: I love all kinds of music. When I say that, I really mean it. I love music from the 40's and on! I think my number-one inspiration was probably Janis Joplin. It's pretty cool to perform her songs. I'm influenced by all women of power, like Joan Jett and Stevie Nicks, who I actually just saw live with Fleetwood Mac, which was insane. I like Gwen Stefani



Fox Broadcasting Network

and No Doubt. I like Haley Williams a lot. And Lady Gaga. But I also like Billy Joel and Simon and Garfunkel. And whatever is new on pop radio. In terms of mentors, I have my vocal coach. He's incredible. I go to vocal lessons once a week in the city. With the amount of singing I do, there is no choice but to keep going and improving.

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EDGE: Of the people the contestants worked with on the show, who were the most memorable?

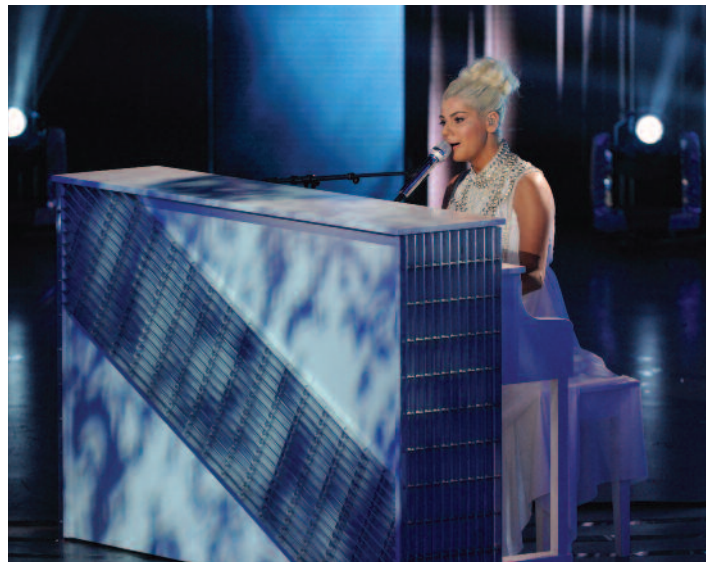
JC: We learned something different from every one of them. I think that maybe the most enjoyment I got out of mentorship was with Kelly Clarkson, because she was a former contestant. There's nobody who could relate to us any more than she could, in that sense. But yeah, everybody brought something different to the table. I loved Boy George, Florida Georgia Line, Nile Rodgers, everyone was really great. But Kelly Clarkson was truly the most relatable.

EDGE: As you move forward in the *American Idol* competition, how do you deal with the inevitable highs and lows?

JC: It's not easy. It's really important to find a balance between those things, because if you don't, then you can wind up in either of those two dangerous extremes. For example, I try to stay away from comments in blogs for the most part, because if they're really great or really awful, either way they are likely to affect my mindset. It's like when a football team thinks way ahead in the season and ruins the actual next game they have to play. That's what I meant before about just having to stay in each moment.

EDGE: You know, there was a famous football coach named Bear Bryant who used to tell his players, "Show class, have pride, and display character—if you do, winning takes care of itself."

JC: It's true. You should be your own worst critic, you should compete with yourself and learn from your mistakes.



Fox Broadcasting Network

It's important to give off that kind of class. And I think it's important to inspire people, to show the world that this is a beautiful thing, a beautiful process, and that however *American Idol* ends, we're all just trying to leave our mark on this planet. Presenting yourself in that kind of way really shows the honesty of the process.

EDGE: And if you do win?

JC: The first thing I'm going to do is celebrate with my family and [laughs] go get some Taco Bell!

EDGE: You came into this competition as a Jersey Girl. Are you ready to spread your wings a little more?

JC: I love my hometown and New York and everything, but I want to travel. Part of my job and purpose is to touch people in as many places as I can. I am really ready to branch off.

EDGE: So have you named your first CD yet?

JC: *The Undefined Variable with an X* [laughs]. No, it would definitely be a pop record, but with more of a rock edge... something a little darker than your usual pop record. I want to make an honest pop record.

EDGE: What was it like to hear yourself on iTunes for the first time?

JC: It was surreal. It's, like, people can actually *pay* for my recordings. I don't even know how to feel about it. I actually bought my own recording on iTunes [laughs] and felt guilty about it. Then again, it's really great to hear what we worked on in the studio. **EDGE**

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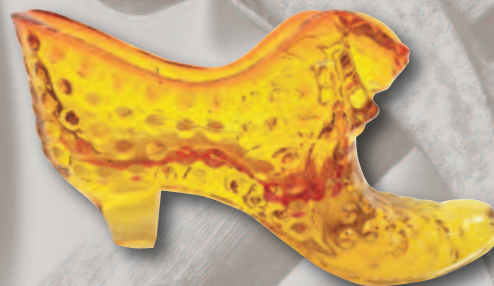
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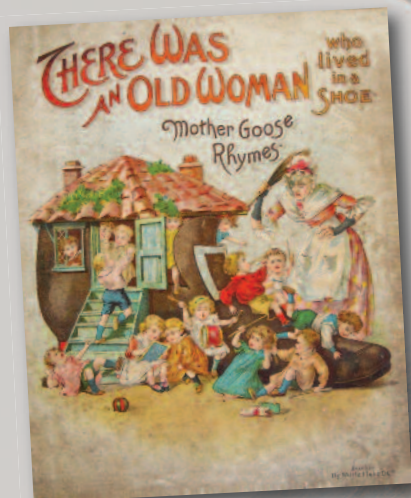
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EDGE PEOPLE



HELP-FUL CONNECTIONS

Elizabeth High School teens connect with elder patients at Trinitas' Hospital Elder Life Program (HELP) that helps keep older patients alert during a hospital stay. Alice Williams shared stories about her travels around the world with Georgio Molta and Nikita Verme during a recent craft session.



SILVER LINING

With Trinitas in the background, Rod Muench, ERN, MPS, MICP, Director of PreHospital Services, and Brant Maslowski, BA, MICP, Coordinator of the Trinitas MICU, stand with pride at the Trinitas Paramedics vehicle. Under Maslowski's direction, the TRMC MICU achieved the 2015 Mission: Lifeline® EMS Silver Level Recognition Award from the American Heart Association (AHA). The TRMC MICU, which delivers advanced life support for the City of Elizabeth, received the recognition for delivering quality care to patients experiencing chest pain. The award was based on the 2014 emergency response data Trinitas supplied to the AHA.



THE SCOOP ON JOE PISCOPO

New Jersey's own and *Saturday Night Live* funny man, Joe Piscopo, left the microphone of his current talk-show gig on Salem Media's AM970 "The Answer" to visit with Trinitas as part of the Ice Cream Social held every year during Hospital Week. The "meet and greet" with the SNL alum happened after this issue of EDGE went to press, but take it from us, he didn't disappoint.

Photo credit: Danny Sanchez



IT'S A SHORE THING

The Elizabeth Rotary Club connected with the Rotary Interact Club of Elizabeth High School for a day of prepping the beach for summer. The Ocean Action Beach Sweep brought out teens who rolled up their sleeves, performed a valuable community service, and took in lots of rays at the one and only Jersey shore.

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Brain Storm

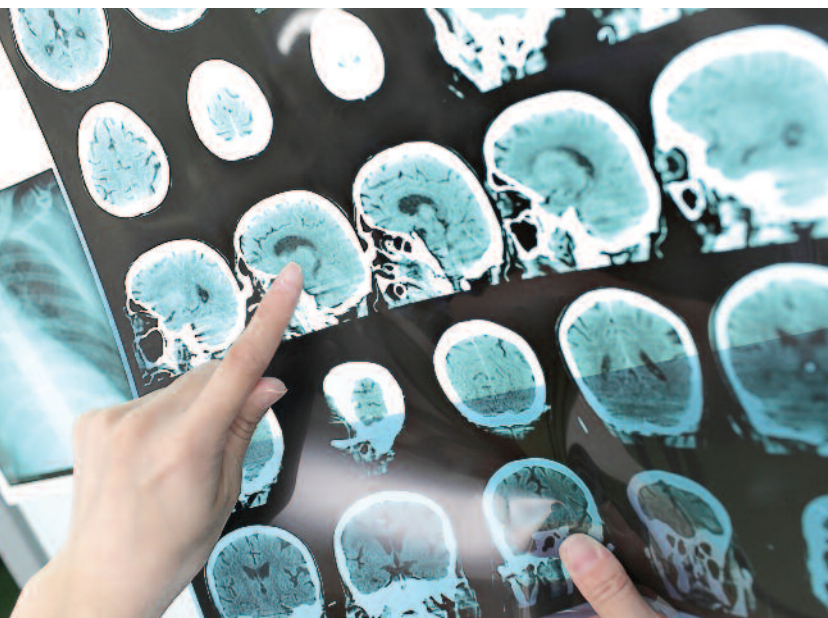
*Science and technology are paving the way
for a mind-altering experience.*

By Christine Gibbs

What lies within our heads, protected by the bony shell of the skull, is a collection of soft nerve tissue that weighs only about 3 pounds on average—less than most other human organs. The brain is 75% water and consists of 100 billion neurons (equal to the number of stars in the Milky Way).

Stretched out, these neurons would reach 600 miles.

At the mere mention of diseases of the brain, many of us might think first of tumors. According to the American Cancer Society, about 22,000 Americans are diagnosed with brain tumors annually. The most common variety is the



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primary brain tumor, which includes more than 125 different types according to cells of origin. When a tumor grows within the bony confines of the skull, it can press on and damage the brain itself. Other tumors can migrate from elsewhere in the body and are therefore labeled metastatic. A variety of symptoms can present with a tumor: headaches, vomiting, blurred vision, seizures, memory and/or speech impairment, motor and/or sensory problems, personality changes and failing vision.

Specific treatment for a brain tumor is dependent on a variety of personal factors:

- Age and general health conditions
- Type and location of tumor (from low-grade I and II tumors through the more aggressive Grades III and IV)
- Drug, irradiation and/or procedure tolerance

Recommended treatment options include:

- Surgery
- Irradiation
- Chemotherapy
- Antiseizure/Antiepileptic Drugs (AEDs)
- Steroids

What's new in brain surgery?

The biggest challenge in brain tumor surgery cited by most neurosurgeons is how to remove all of the cancer while preserving the greatest possible brain tissue. Certain advanced procedures are already in place and available:

- *Awake Surgery* is the preferred approach when a tumor is situated close to those areas of the brain that control motor activity and speech. Awake surgery allows the surgeon to communicate at certain intervals with the patient to confirm normal conversation and movement capabilities have not been affected.
- *Computer Assisted Surgery (CAS)* is cutting-edge technology that allows the surgeon to view a detailed image of the patient's brain while on the operating table to achieve more complete tumor removal.
- *Robotic Surgery* is a type of CAS through which the physician's personal skills are enhanced by the precision, control and accuracy of a computerized robotic arm. An advanced minimalist surgical approach of this type is the da Vinci Surgical System, which has been available for more than five years at the Trinitas Regional Medical Center.
- *Radiosurgery* uses radiation to destroy precisely targeted tumorous tissue without affecting surrounding healthy tissue. This procedure, referred to as the Gamma or Cyber Knife (although not a knife in the true sense at all), was invented in Sweden in 1968 and introduced in the US in 1987.

And what about aging and the brain?

As the Boomer generation is approaching retirement, public and scientific attention has centered on other neurodegenerative brain challenges, for instance, dementias such as Alzheimer's Disease. The National Institute on Aging (NIA) defines dementia as a disease that affects communication skills and the ability to perform "activities of daily living (ADLs)." Alzheimer's dementia results in impaired thought processing, forgetfulness, loss of recent-term memory, and language difficulties. All currently acceptable

descriptions refer to symptoms and not causes of these diseases, and for good reason. The causes continue to elude the investigators. Sadly, the diagnosis of Alzheimer's disease often can only be confirmed by autopsy.

Statistics justify the growing concern in neuroscientific communities and in private lives about dementia. More than 5 million people in the US have been diagnosed with Alzheimer's, accounting for 50-70% of all dementia cases per CDC research. And this number is projected to reach 13.5 million by 2050. The total costs involved are equally mindboggling, at \$226 billion per year.

As the focus, particularly on Alzheimer's, intensifies, so does the level of personal concern as life expectancy continues to increase in the US. A critical if somewhat oversimplified question that often arises is: *When is forgetfulness a normal part of aging and when does it become a cause for concern?...*a very good question with no easy answer. Instead, a continuum of stages is applied to generically categorize the disease in terms of the varying degrees of impairment ranging from Stage 1 (no impairment) to Stage 7 (very severe decline).

Good news for early Alzheimer's diagnosis

As a testament to our growing interest (to put it mildly) in Alzheimer's, we have only to revisit the 2015 Best Actress Oscar going to Julianne Moore for her poignant portrayal of an Alzheimer's victim in *Still Alice*. Although conclusive diagnostic capabilities to identify the onset of Alzheimer's are still undergoing intensive testing and theorizing, great strides recently have been made.

- Genetic risk profiling can identify certain markers that are red flags to inherited risk factors.
- Insulin resistance and reduced glucose uptake testing is often performed since diabetes indicators are often present in Alzheimer's patients.
- Cerebrospinal fluid testing (aka a spinal tap) can isolate proteins that may form abnormal brain deposits.

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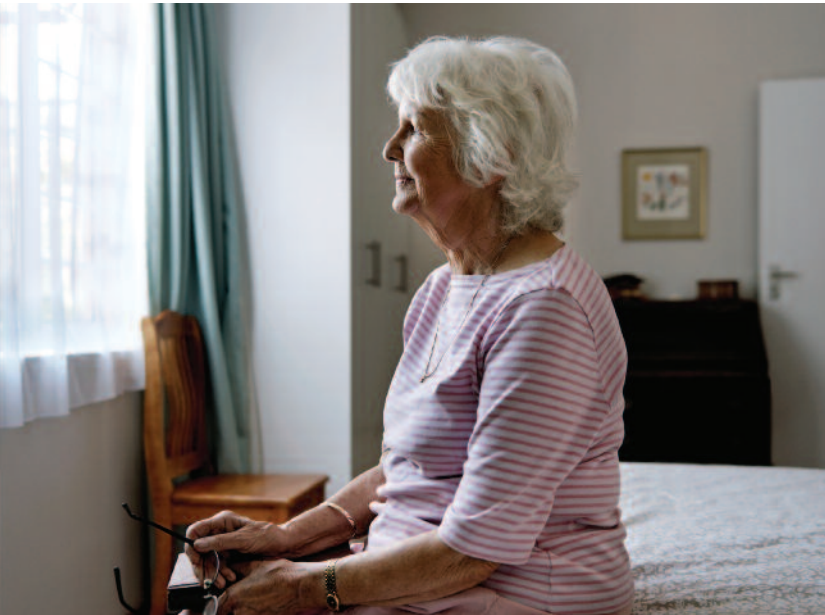
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- Living brain imaging through MRIs, CT (computerized tomography) and PET scans are valuable in providing assistance in identifying cortical thinning that is frequently found among Alzheimer patients.

- Advanced lab testing procedures have identified certain blood proteins that may be presymptomatic of Alzheimer's Disease.
- Direct observation to assess Mild Cognitive Impairment (MCI) through diminishing sensory and motor capabilities continues to be an important diagnostic component.

If Alzheimer's, what can be done?

When any or all of the above diagnostic testing indicate the possible presence of early or later stage Alzheimer's, the next proactive step is how best to slow down the progression of the disease, since there currently are no proven cures. The Mayo Clinic has been in the vanguard of institutions that are researching and evaluating possible treatment alternatives. Although positive results have been documented, most recommended treatments remain in the process of being evaluated. There are no guaranteed cures...at least not yet. The emphasis today is always on

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may help not will help. Some of the most promising and popular regimens are:

- *Drugs* classified as acetylcholinesterase inhibitors have produced positive results in slowing the onset in 30-50% of patients with mild to moderate symptoms.
- *Estrogen replacement therapy* seems to have some potential impact on the risk of developing Alzheimer's, but there is no conclusive evidence that this has had any measurable success in treating the disease post diagnosis.
- NSAIDs and corticosteroids (e.g., ibuprofen and prednisone) are prescribed for their anti-inflammatory properties that may help to reduce brain inflammation often associated with Alzheimer's.
- Antioxidants (e.g., vitamin E) are often recommended to potentially help prevent brain cell damage of Alzheimer's.
- Ginkgo Biloba, a supplemental herb, has also been the subject of much investigation for its potential contributions to improving quality of life.

What lies ahead?

Promising studies on new advances are being conducted to get a head start on conquering brain disease. A sampling of current ongoing research indicates the extent, variety and potential for adding to our knowledge basis when it comes to analyzing what's inside all of our heads.

A nasal spray vaccine has been shown to reduce brain plaque in lab mice (an Alzheimer's disease change). This research is ongoing to assess the possibility of nasal delivery in humans. Such a breakthrough would be dramatic, however, one of the critical challenges is how to direct drugs introduced nasally to the relevant locations in the brain.

Today, an interoperative MRI allows the neurosurgeon to take an MRI post-resectioning, but while the patient is still on the operating table. This enables the surgeon to assess successful cancerous tissue removal on the spot and to react accordingly.

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Neurogenetics is a flourishing field of scientific research, which promises to refine genetic markers so that they will be able to predict the possibility of brain disease even before any symptoms appear. Advanced genetic marking may allow the physician to design an early and highly personalized preventative program that could avoid more radical post-diagnosis alternatives.

Stanford University has seen many advances in the Cyber or Gamma Knife technology over the past two decades. Most impressively, this has resulted in expanding its potential surgical applications from removing brain tumors to addressing other brain-related issues such as depression, Obsessive Compulsive Disorder, and chronic neurological pain.

Over the past decade, the work of many researchers has indicated a strong relationship between the brain and the gastrointestinal system, often referred to as the *Gut-Brain Connection*. According to researchers at the Harvard

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Medical School, this connection apparently works both ways in that GI disorders can be the cause or the result of stress and emotional upset. Much remains to be done to fully understand the close interaction between the brain and the digestive system.

Finally, there has been much research focusing on the ability of the brain to remodel itself. This phenomenon is called neuroplasticity. A recent patient who was born without a cerebellum has been studied in-depth by Dr. Jeremy Schmahmann, a neurology professor at Harvard Medical School. Through hard work and dedication, other parts of the patient's brain apparently have taken over as the patient has learned how to work around his limitations. Exactly how this has happened remains to be further explored, but it does offer great promise to those suffering from brain damage.

It's the mind that matters


Medical and research professionals alike remain enthusiastic, committed and hopeful about the future. Their goal is to one day find new and better ways to treat the many devastating brain-related diseases, which includes the debilitating downward spiral of dementia, and even schizophrenia and autism.

Certainly *harnessing the power of the human brain* remains as intriguing a possibility as it has been through the centuries. The quest to fully understand the brain goes on. In the meantime, we can improve our own mental well-being by indulging in pleasurable and brain healthy pursuits, such as listening to soothing music, socializing, or simply completing the latest *New York Times* crossword puzzle. The evidence may not yet be scientifically supportable, but the positive effect on our state of mind is incontrovertible. **EDGE**

Editor's Note: Special thanks to Anwar Ghali, MD Chairman of Psychiatry, Trinitas Regional Medical Center, and Rodger Goddard, PhD, Chief Psychologist and Director of Wellness Management Services at Trinitas. for their input on this story.

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ASK

Dr. D'Angelo

Surf's Up! What's your Beach IQ?

John D'Angelo, DO

Chairman/Emergency Medicine
Trinitas Regional Medical Center

Countless thousands of Garden Staters will head to the Jersey Shore this summer to enjoy a day at the beach. For an unlucky few, that will translate into a night in the ER. Or worse. Truth be told, luck has very little to do with beach-related emergencies. Playing it smart while you play in the water not only keeps you and your family safe, it can help prevent long-term medical issues, too.

How much sun is too much sun?

Emergency Department physicians deal with the pain experienced by patients who have gotten too much sun exposure. I've heard some dermatologists say, "A good tan could be the first sign of skin cancer." That is an extreme statement, but the sun's ultraviolet rays can damage unprotected skin in as little as 15 minutes. Wear sunscreen with UVA and UVB protection with a Sun Protective Factor (SPF) of 15 or higher, and reapply it often.

How often is often?

Every 2 to 4 hours, especially after swimming or sweating. That's also true far from the beach, particularly at higher elevations.

What other precautions should I take?

Seek shade, especially during the midday hours (10 a.m. to 3 p.m.) when the sun is strongest. Wear a hat to protect your head and clothing to protect exposed skin. Also, wear sunglasses with UV ray protection to protect your eyes.

How about kids?

Keep babies less than 6 months of age out of the sun, and do not put sunblock on them. The chemicals in sunblock could potentially harm babies. Otherwise, the same basic sunscreen and sun-exposure rules for adults apply to children. It's really important, by the way, to teach them the importance of protecting their skin, because you won't always be supervising them when they are outdoors.

How dangerous is the water along the Atlantic Coast?

I worked in Florida for the first 6 years of my career and had the unfortunate experience of witnessing the unthinkable, so trust me when I say never, ever turn your back on the ocean, or underestimate its power—even on the most placid beach days. Drowning is the fifth-leading cause of unintentional injury death in the United States. It is the leading cause of death among boys 5 to 14 years of age worldwide and the second-leading cause of injury-related death among children 1 to 4 years of age in the United States.

What are some precautions I can take when my kids are in the water?

Supervise young children at all times, even when they are only near the water. And by water I am including creeks, canals, rivers, lakes, hot tubs, pools and bathtubs. It can take only a matter of seconds for a child to accidentally drown. At the beach, make sure each child is swimming with a “buddy”—not another child, but an adult who is designated to enter the water with them. Obviously, you want to teach children to swim and make sure they understand basic water safety. For example, they should know that if they are swept up by a rip current to swim

RED MENACE

When it comes to protecting the skin from the sun, some people need to be more cautious than others. You are likely to be at highest risk for melanoma—the third most common skin cancer—if you have...

- a history of multiple sunburns
- lighter skin color*
- red or blond color hair
- multiple moles on your skin
- a suppressed immune system
- a personal history of skin cancer
- a family history of skin cancer

* *The risk of melanoma is 10 percent greater for light-skinned people than for dark-skinned people, but everyone should protect their skin— and schedule routine skin exams by a physician or dermatologist.*



parallel to the shore instead of fighting against it. Adults should know this, too. Many don't.

In a potential drowning emergency, what do I do?

Identify your surroundings and call for help—make sure a lifeguard or someone with a phone calls 911 to initiate an emergency response medical team. If an unconscious victim is in shallow water (where you can stand) administer five short rescue breaths while still in the water and then proceed to land. Once on land, the victim should be placed on his or her back, airway open. Check to see if the victim is breathing. If not, give another 5 rescue breaths and check for a pulse. If there is no pulse, begin CPR: 30 chest compressions followed by 2 rescue breaths, then repeat the cycle. If vomiting occurs, turn victim onto his side to clear the airway.

Wait, I have to learn CPR?

Yes. Not only for your children's sake, but for the safety of everyone at the beach. You don't have to become an expert in ocean rescues—remember, you need to be a strong swimmer before attempting to rescue a swimmer in distress or you could become a victim yourself—but you should be able to administer CPR to a near drowning victim.

Isn't that the lifeguard's job?

Yes, again. Which is why you want to swim near areas that have lifeguards on duty whenever possible. But there could come a time when you are the person standing between life and death, and it might be a friend or family member in need of attention.



Do you have a hot topic for Dr. D'Angelo and his Trinitas ER team?

Submit your questions to AskDrD@edgemagonline.com

What are some common water safety mistakes boaters make?

Alcohol consumption is a big one. Consuming alcohol impairs cognitive function which can lead to poor judgment. Another is not having a sufficient number of Coast Guard approved life jackets for the passengers aboard. Make sure there are age-appropriate life jackets for children, and do not accept foam toys or air-filled toys as substitutes for life jackets. A classic mistake boaters make is not checking the weather conditions before heading to the water. **EDGE**

Editor's Note: John D'Angelo, DO, is the Chairman of Emergency Medicine at Trinitas Regional Medical Center. He has been instrumental in introducing key emergency medical protocols at Trinitas, including the life-saving Code STemi, which significantly reduces the amount of time it takes for cardiac patients to move from the emergency setting to the cardiac catheterization lab for treatment.

Did You Know?

Your eyes are covered with 'skin' called the cornea. It too, can burn and suffer irreparable sun damage. A good pair of sunglasses in summer should be as important as carrying your cell phone.



healthy **EDGE**

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What's Up, Doc?

News, views and insights on maintaining a healthy edge.

Where There's Vapor...

The science on e-cigarettes is sketchy at best, and because they currently do not fall under the FDA's purview, manufacturers are not compelled to list product ingredients. "When e-cigarettes started to become available, I thought it could be a good thing as it could satisfy both chemical craving associated with cigarette smoking by administering nicotine and psychological craving associated with the act of smoking," recalls **Vipin Garg, MD**, of Trinitas who is board certified in pulmonology, critical care medicine, internal medicine, and sleep medicine. "I had patients who reported early success.

However, as the market for e-cigarettes exploded, I soon realized that e-cigarettes are essentially vaporizing systems and any known chemical could be administered—and it often varies manufacturer to manufacturer. They open the door for more dangerous and potent chemicals/drugs being inhaled."

There has been a proliferation in California of shops selling e-cigarettes and, according to the journal *Pediatrics*, e-cigarette marketing to minors has tripled in recent years. More than 5,000 Californians signed a petition this year urging the Food and Drug Administration to regulate e-cigarettes. Senator Barbara Boxer delivered to the petition FDA commissioner Margaret Hamburg. Not surprisingly, e-cigarette use by children under 18 has risen dramatically, not just in the Golden State, but across America. A 2014 national study showed that more teens are using e-cigarettes than regular cigarettes, which on the surface may not be a bad thing. The fear, of course, is that e-cigarettes—which most teens consider to be "safe"—will lead young people into cigarettes and other tobacco products.



Vipin Garg, MD
Director, Trinitas Comprehensive
Sleep Disorders Center
908.994.8880

As a pulmonologist," says Dr. Garg, "I know anything other than air at ambient temperature administered to lungs can cause damage to pneumocytes, which are the breathing units of the lungs. Noxious particles, heated vapors, varying degrees of humidity associated with these products have the potential of causing Reactive Airway Disease. Glorifying e-cigarettes—especially to minors—will be a big mistake. I support a complete ban of e-cigarettes."

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In Sickness and In Health

Americans may want to rethink their marriage vows. Iowa State University released a study in March tracking 2,700 couples in the U.S. from 1992 to 2010. It found that divorce rates increase when the wife becomes seriously ill. This was not true when husbands had long-term illnesses. The results suggest that

American men are ill-equipped to function as caregivers to a seriously ill spouse. Overall, 32 percent of the couples divorced during the 18 years they were tracked; that figure rose

to 38 percent when a wife fell ill. During his years as an oncologist, **Barry Levinson, MD**, Medical Director of the

Trinitas Comprehensive Cancer Center, has observed spousal caregiving first hand. "When taken on a case-by-case basis, there are many men who are superb caregivers. On the whole, however, I think in our society, the traditional role of women as caregivers still predominates. As these societal roles change, and men become more involved in caring for family, I think the data will change, as well."



Barry Levison, MD

Medical Director, Trinitas Comprehensive Cancer Center

908.994.8772



The Skinny On Oxytocin

Is it your imagination, or do people in love seem skinnier? It's not your imagination. According to new research out of Massachusetts General Hospital, the hormone **oxytocin—aka The Love Hormone, which surges when couples hug or kiss—also appears to be an appetite suppressant.** A group of men (half of whom were overweight) inhaled oxytocin spray an hour prior to breakfast and consumed 122 fewer calories and 9 fewer grams of fat than men given a placebo spray. The men who inhaled the oxytocin also burned fat slightly faster and handled insulin better. The study results were presented at the 2015 meeting of the Endocrine Society in San Diego.



Kids and Air Pollution

A study of schoolchildren in Barcelona, Spain suggests that air pollution impacts brain development. Students ages 7 to 10 in schools located in neighborhoods with heavy vehicle traffic showed reduced cognitive development compared to kids in less-congested areas. **Dr. Kevin Lukenda, DO**, Chair of the Family Medicine Department at Trinitas, says that it is a well-known fact that **“fuel exhaust competes with oxygen in our body**. By breathing in excessive fuel exhaust, we compromise the amount of oxygen that is much needed by our brains. With lower levels of oxygen in our brain, our cognition is then compromised.” Among the conclusions drawn from the Barcelona data were that school buses in Spain (which run on unleaded fuel) should be fitted with particle filters, and classrooms facing busy streets should always keep their windows



Kevin Lukenda, DO

Chairman, Family Medicine Department
908.925.9309

closed. Dr. Lukenda sums up: “In this era of technology, we must do whatever it takes to prevent noxious chemicals from entering our bodies. Whether it be through a filtering process or other mechanical barriers, the less fuel exhaust and more oxygen we breathe the greater the ability we have to process cognitive information.”

No Ordinary Joe

The latest research on coffee swings the pendulum back toward America's favorite hot beverage. Scientists in South Korea exploring the link between coffee consumption and the level of calcium in arteries determined that **drinking up to five cups a day may reduce the risk of heart attacks**. Their study of 25,000 men and women found the lowest levels of calcium among those who drank 3 to 5 cups of coffee a day. Calcium in the arteries is an early indicator of cardiovascular disease. So should we drink even more? Not so fast. The same study found the highest levels of calcium in subjects who drank over 5 cups a day.



Playing with Matches

Does love at first sight translate into successful long-term relationships? Study after study says No. Couples that marry due primarily to physical attraction have a higher rate of divorce than other couples. Rutgers University anthropologist Helen Fisher points out that **our bodies actually develop a tolerance to the chemicals that trigger initial feelings of love**—just as they build up tolerances to other chemicals. Add to this the fact that “looks fade,” and eventually all you’re left with is conversation and common interests. Physical attraction is important, of course, but in the balance it is not a good predictor of long-term compatibility. Full disclosure: Dr. Fisher is also the chief scientific advisor for the dating web site Match.com.



Skin In the Game

Mexican scientists believe they have found a skin test that may predict Alzheimer's and other degenerative brain diseases. Minimally invasive skin biopsies on Alzheimer's and Parkinson's patients turned up significantly elevated levels of Alpha-Synuclein and Tau, proteins linked to decline in brain function. **Brain and skin tissue share the same embryonic origin**, which suggests that definitive tests for Alzheimer's and related problems could be performed long before obvious symptoms arise. Early detection, in turn, could be the key to managing or even curing brain disease.



Leading Ladies

Every bride these days wants “a little Hollywood” in her wedding. Adding those bits of glitz can get pricey, however. Is there a way of making a scene without buying all the scenery? Indeed there is. Inspired by iconic film moments, these brides have literally rewritten the script!

*Photography by
Nadine Raphael*

THE SOUND OF MUSIC (1965)

Bridal Dress: IRINA SHABAYEVA
Veil: ISABELLE ARMSTRONG
Earrings: FREDERIC'S JEWELERS



Sound of Music, Robert Wise Productions
Poster: www.movies.alphacoders.com



BRIDEWARS (2009)

Bridal Dress (left): **ROMONA KEVEZA**

Bridal Dress (right): **VICTOR HARPER**

Veil: **ISABELLE ARMSTRONG**

Earrings: **FREDERIC'S JEWELERS**

Bouquet: **CHRISTOFFERS FLOWERS AND GIFTS**



Bride Wars, Fox 2000 Pictures
Poster: www.movies.alphacoders.com



MAMMA MIA!
(2008)

Mother of the Bride Dress:

ISABELLE ARMSTRONG

Bridal Dress: **ROMONA KEVEZA**

Veil: **ISABELLE ARMSTRONG**

Earrings and Necklace:

FREDERIC'S JEWELERS

Bouquet: **BLUE JASMINE**

FLORAL DESIGN

AND BOUTIQUE





FUNNY FACE (1957)

Bridal Dress: **IRINA SHABAYEVA**
Veil: **ISABELLE ARMSTRONG**
Earrings: **FREDERIC'S JEWELERS**





100
705
726
295
375
498
444

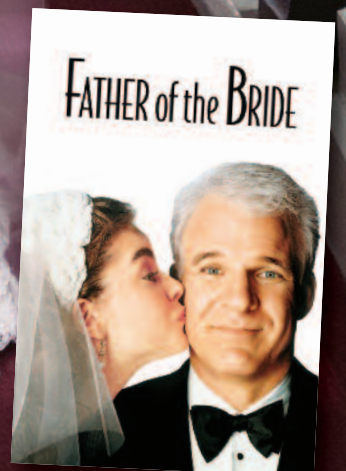
FATHER OF THE BRIDE (1950, 1991)

Bridal Dress: LEA-ANN BELTER

Tuxedo: IKE BEHAR

Necklace: FREDERIC'S JEWELERS

Flowers: BLUE JASMINE FLORAL DESIGN
AND BOUTIQUE



Father of the Bride, Sandollar Productions
Poster: www.movies.alphacoders.com

MY BIG FAT GREEK WEDDING (2002)

Bridal Dress: LEA-ANN BELTER

Tuxedo: IKE BEHAR

Bouffonniere: BLUE JASMINE FLORAL DESIGN AND BOUTIQUE

Models:

John Denczi, Gavin Eastlack,
Kristen Hunter, Anne-Marie Gardenour,
Mary Carol Nostrand

Photographer, Stylist,
Editorial Production/Direction:

Nadine Raphael

Location Stylist: Irina Shabayeva

Makeup: Alex Almeida, Mishel Chavarria

Hair: Vicki Popp

Post Production:

Dan Jackson, DJ Studios 3D

Special Thanks to:

Dana Cullen and Tiffany Press
of New York Model Management
Jenna Adams of Reinhard Model and Talent
Remy Quinones of Isabelle Armstrong
and Exquisite Bride
Kathy Musico of Exquisite Bride
Irina Shabayeva of Irina Shabayeva Bridals
Thomas Murray of Royal Tuxedo Wholesale
Paula Nielwocki of Blue Jasmine Floral
Design and Boutique
Kurt Christoffers of
Christoffers Flowers and Gifts
Vicki Popp and Mishel Chavarria
of Vicki Popp Salon
Alice Kolator of Alice Kolator
Public Relations and Marketing
Robert Paul of Frederic's Jewelers
Anna Mastroianni of Sole Shoes
Sherry Cronin of the Downtown Westfield Corporation

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My Big Fat Greek Wedding, Gold Circle Films
Poster: www.movies.alphacoders.com

FOUNDATION PEOPLE



IT'S LUCKY NUMBER 7 FOR SPORTING CLAYS TOURNAMENT

The Annual Andrew H. Campbell Memorial Sporting Clays Tournament, the Trinitas Health Foundation's June 18th fundraiser, gets better and better every year! You can be part of the seventh year of this multifaceted event at Hudson Farm Club in Andover, a woodland gem set in the rolling hills of Sussex County in beautiful northwest New Jersey. For the outdoorsy type, clay shooting and nature photography have natural appeal. If being inside makes your day, you can be pampered and rejuvenated in a relaxing spa experience at Salon International in Sparta. The day includes a delicious Pig Roast Luncheon. Whatever your interest, this event fits the bill while raising money for Trinitas Comprehensive Cancer Center. If any of these activities sound like your kind of day, contact the Trinitas Health Foundation at (908) 994-8249 or Laura Ciraco at lciraco@trinitas.org or register online at <https://events.hudson-farmnj.com/trinitas/>. The gift of tickets purchased for this event might earn you high points with your Dad or Grad!

TRIBUTE GIFT PROGRAM

The Trinitas Tribute Gift Program allows you to recognize someone special:

- Thank a Trinitas staff member who has gone above and beyond in caring for you or another family member.

OR

- Remember someone who was important in your life.

OR

- Honor a loved one by marking a special milestone such as a birthday, anniversary, Mother's Day, Father's Day, Christmas or Chanukah.

The Foundation will send a beautiful tribute card to the person being honored or the family of the loved one being remembered.

Tribute gifts can be made in a variety of ways:

- Use your credit card to make an instant donation! (Visit TrinitasRMC.org and click on the Trinitas Health Foundation link)
- Mail your check or money order addressed to the Trinitas Health Foundation to our offices at P.O. Box 259, Elizabeth, NJ 07207-0259. Please indicate the name and address of the person you are recognizing.
- Donate your stock or securities. Visit the Trinitas website to learn more.

Questions? Contact our offices at (908) 994-8249.



DO YOU KNOW ABOUT CHARITABLE GIFT ANNUITIES?

Charitable Gift Annuities are planned gifts that allow a donor to support a charitable organization, receive a current tax deduction and other tax savings, and realize a guaranteed income for life.

Establishing a Charitable Gift Annuity with the Trinitas Health Foundation today will allow you to financially support the vital work of Trinitas Regional Medical Center and in turn receive a tax benefit and lifetime income. The process is simple and quick. For more information on Charitable Gift Annuities and other planned giving options, please contact Rob Eccles, Trinitas Health Foundation's Director of Major Gifts at (908) 994-8249 or via email at reccles@trinitas.org.



Community Events

We welcome the community to our programs that are designed to educate and inform.
To register for any of these programs, call (908) 994-8939, unless otherwise noted. Programs are subject to change.

SEMINARS

THURSDAY JULY 1 & THURSDAY JULY 8
6-hour course presented in two sessions
5:30 pm – 8:30 pm

AARP Driver Safety Course

CORE Building, 1164 Elizabeth Ave., Elizabeth, NJ
(Enter parking lot from South Broad St., next to Fire House)

TCCC SUPPORT GROUPS

Conference Room A or Conference Room B
Trinitas Comprehensive Cancer Center
225 Williamson Street, Elizabeth New Jersey 07207

The below Support Groups will resume in September.

Living with Breast Cancer

Living with Cancer

Caregiving Support Group

Viviendo con Cáncer, Apoyo Familiar

Viviendo con Cáncer, Grupo De Apoyo

Viviendo con Cáncer de Mama

For more information on any TCCC support programs and to RSVP, please contact Roxanne Ruiz-Adams, LSW, (908) 994-8535. Por favor llame al (908) 994-8535 para confirmar su asistencia.

SPECIAL PROGRAMS

Total Joint Replacement: Get the Facts to Make an Informed Decision

Information about managing arthritis, consulting with your physician about a total joint replacement and the Total Joint Replacement Program at TRMC.

Second Wednesday of each month, 5:30 - 6:30 pm

Physicians Conference Room, Lower Level
Administrative Services Building,
210 Williamson Street, Elizabeth, NJ
Call (908) 994-8939 to register.

Health Services with Women In Mind

Trinitas helps provide women access to vital health services with a focus on preventive measures. These include educational programs and cancer screenings. Programs, offered in English and Spanish.

To learn more about these services, contact Amparo Aguirre, (908) 994-8244 or at amaguirre@trinitas.org

Ask the Pharmacist: Medication Management

Free of charge, by appointment only.
Monthly on the 4th Tuesday, 11:30 am - 1:00 pm
Call (908) 994-5237

MEDICAL AND BEHAVIORAL HEALTH SUPPORT GROUPS

Diabetes Management Support Group

Monthly, First Monday, 2:00 - 3:00 pm

Kathleen McCarthy, RN, CDE (Certified Diabetes Educator)

Open to both diabetics and non-diabetics who want to learn more about diabetes prevention.

65 Jefferson Street, 2nd Floor, Elizabeth, New Jersey
Call (908) 994-5502 for further information or registration

Sleep Support Group

For information about the Trinitas Comprehensive Sleep Disorders Center call (908) 994-8694 or visit www.njsleepdisorderscenter.org

Narcotics Anonymous

Monday 7:00 – 8:30 am

Sunday 12:00 noon – 2:00 pm; Sunday 5:00 – 6:30 pm

Scott Weiss, Community Liaison, (908) 994-7438
Grassmann Hall, 655 East Jersey St., Elizabeth

Alcoholics Anonymous

Friday 7:30 pm – 8:45 pm

Scott Weiss, Community Liaison, (908) 994-7438
Grassmann Hall, 655 East Jersey St., Elizabeth

HIV Education and Support Program for HIV Positive Patients

Monthly. Call for scheduled dates/times.

Judy Lacinak, (908) 994-7605

Early Intervention Program Clinic, 655 Livingston St.
Monastery Building, 2nd Floor, Elizabeth

Mental Illness Support Group (NAMI) for Spanish Speaking Participants

4th Friday of each month, 6:30 pm - 8:30 pm

Mike Guglielmino, (908) 994-7275

Martha Silva, NAMI 1-888-803-3413

6 South Conference Room, Williamson Street Campus
225 Williamson Street, Elizabeth



TRINITAS CHILDREN'S THERAPY SERVICES

899 Mountain Avenue, Suite 1A, Springfield, NJ • (973) 218-6394

"10 Tips..." Workshops

Now in its fifth year, 10 Tips Workshop Series offers content for adults who work with children of all ages with an emphasis on pre-school and school-aged children. Tips are geared to home, school and community environments. All workshops take place in Springfield at the Trinitas Children's Therapy Center. Workshops are \$15 each but discounts are available for enrollment in multiple sessions.

Tuesday, June 9 6:00 pm – 7:30 pm
10 Reasons Why a Child May Need a Physical Fitness/Recreation Evaluation

To register for one or more workshops or for more information, please contact Christine German, OTD, OTR at CGerman@trinitas.org or (973) 218-6394, ext. 4012.



Summer Programs, July 1 – August 18

The following programs run once a week for 45 minutes and are a great alternative to individual therapy services. They give children the opportunity to address key developmental areas in structured but busier environments which are more reflective of typical real-life situations.

Scribbles to Script

Handwriting for preschoolers through elementary school aged children in a fun atmosphere that uses multi-sensory activities to reinforce learning.

Social Butterflies

This program helps children to learn how to interact socially while engaged in a combination of tabletop and movement-based activities.

Sports One Step at a Time

Children ages 4 - 12 are introduced to several sports, including soccer, baseball, basketball, and kickball, in a non-competitive group setting.

Typing Whizkids

1st graders through tweens will participate in functional tasks that will allow them to learn efficient keyboarding skills with emphasis on speed and accuracy.

Learn to Ride Bike Riding Lessons*

Children will learn this vital childhood skill in a non-competitive environment with a highly trained therapist. Sessions are run in 60-minute periods of time organized to the client's availability. *Most children will require 2-3 sessions.

Camp Trinitas

Get in on the fun! A flexible schedule of half-days, full days and/or weeks awaits your child in a therapy camp created by licensed and experienced TCTS occupational, physical, speech and language therapists. Weekly themed activities designed to engage your child in a fun-filled, enriching atmosphere and get them ready for school! Opportunities for your child to develop self-esteem and self-regulation capabilities; eye contact; communication skills; focus and attention span; sensory processing; turn-taking and following directions; gross and fine motor skills development/ motor planning; visual-motor/visual perception skills; pre-writing/ handwriting, reading and academic awareness. For information regarding enrollment, please contact Kevin Nelson, OTR, Therapy Center Manager at (973) 218-6394 ext. 13 or KNelson@trinitas.org.

Camp Trinitas Summer 2015 Special Registration Offers!

Early Bird Special: 10% discount for first 10 Registrants

Full Camp Special: 10% discount for all 7 weeks and all 28 days to receive an additional 10% discount

To register for any programs or for more information, please contact Kevin Nelson at knelson@trinitas.org, (973) 218-6394, ext. 13, or fax (973) 218-6351.

To learn more, visit www.childtherapynj.com

TRINITAS HEALTH FOUNDATION EVENTS

THURSDAY, JUNE 18

7th Annual Andrew H. Campbell Sporting Clays Tournament

Hudson Farm Club
Andover, New Jersey

MONDAY, SEPTEMBER 28

Annual Golf Classic & Spa Day

Echo Lake Country Club, Westfield, NJ

NOVEMBER

Jazz Celebration

Date to be Announced
NJ PAC, Newark, NJ

NOVEMBER/DECEMBER 2015

Tailgate with Trinitas

Date to be Announced

Shackamaxon Country Club, Scotch Plains, NJ

For more information about the Foundation or to learn more about its fundraising events, (908) 994-8249 or lciraco@trinitas.org.

Proceeds from these and other events benefit the patients of Trinitas Regional Medical Center. Making reservations for Foundation events is fast and easy on your American Express, MasterCard, Visa or Discover card!



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For that Special Day

By Christine Gibbs



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BOWL GAME

Ceramic artist Heather Shadron personalizes **Nesting Bowls** for the happy couple. Available at uncommongoods.com.



SHORE THING

Nothing softens the mood at summer weddings like beach-themed **Personalized Pillows**. Available at zazzle.com.



MOM'S IN THE HOOD

Nothing says "I paid for this shindig" like a **Mother of the Bride Hoodie**. Available at exclusivelyweddings.com.





Blood, Sweat & Cheers

A long-honored tradition has become a high-profile mainstream sport.

By Diane Alter

Our image of cheerleaders hasn't changed much over the years. Perky and pretty, with pleated skirts, ponytails and pom-poms, they are throwbacks to a bygone era which, truthfully, probably never existed. The reality of cheerleading, however, has changed dramatically within the course of one or two generations. Nowadays, cheerleaders are performing and competing on a scale once reserved for elite athletes. Skilled

in jumps, stunts, spins, tumbling and formation, they must possess the grace of a dancer, the strength of a football player and the body control of a gymnast, while performing short, supercharged choreographed routines to all genres of music.

Something else is different now: For the best of the best, career opportunities abound.



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Some 3.7 million people participate in cheer nationwide, either through community and school squads or private cheer gyms, according to estimates from Varsity, the biggest and best-known industry provider of cheerleading products and services. And despite debates of their merits, or lack thereof, cheerleaders do indeed serve an important purpose.

“Cheerleaders are extremely effective at uniting a crowd, getting them excited and yelling,” says Mike Stickle, coach of the Rutgers Coed Cheer Team and an Emmy-winning writer and producer of live events, television, and video. “That’s not an easy task when competing with a 300-piece marching band, piped in music and 100,000 rowdy people. Without question, cheerleaders are an instrumental part of any game. They bring atmosphere. They also play a major role in alumni functions as important representatives of their university. It’s by no means a stretch to call cheerleaders performers.”

At the college level, Stickle adds, cheerleading is not only all business, it’s coed business.

“It takes a certain kind of guy to join a cheer squad,” he says. “A lot were high school athletes who find it empowering to throw and catch their teammates with crowds gaping in awe. But honestly, they’re just equipment. No one is watching the guy doing the tossing. They’re watching the girl sailing through the air. Nonetheless, as cheer has morphed into more of a sport than an activity, we’re seeing more interest from the guys. Plus, there are incentives.”

Indeed, scores of major universities offer full cheerleading scholarships. Dozens of smaller colleges offer stipends or partial scholarships. While cheer falls within the purview of the athletic department at many schools—thus providing scholarships and travel money—at many other schools it falls under the student activities umbrella. There they fundraise to meet expenses. The disparity exists because the National Collegiate Athletic Association, the non-profit association regulating athletes of 1,281 institutions, conferences and organizations, doesn’t deem cheer a sport. Given the ever-ascending profile of cheer, this has

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become a bone of significant contention. The NCAA committee voted not to classify cheer as a sport in 2014.

“At the moment, cheerleading is not an NCAA-sponsored championship, and we haven’t had any new proposals submitted to the committee,” says NCAA spokesperson Megan Durham. Reasons cited were lack of participation opportunities and feedback received from NCAA schools and student athletes. “That doesn’t mean competitive cheerleading won’t one day become a sport,” Durham adds.

The American Medical Association (AMA), meanwhile, staunchly supports designating cheerleading a sport. In an email to *Edge*, the AMA said it recognizes the potential dangers of cheerleading, “including the potential for concussion and catastrophic injury, and supports the implementation of recommendations designed to improve its safety.” Those recommendations include proper training of coaches, avoidance of inappropriate surfaces when performing stunts and adherence to rules for the proper execution of stunts.

While cheerleading isn’t officially recognized as a sport, the AMA added it is unequivocally a business. Indeed, some competitions host over 26,000 athletes with 30,000 spectators. Event producers profit not only from participation, but also from merchandise and apparel sales. Host cities’ hospitality industries enjoy a boost. Gyms see an increase in memberships.

“All Star Cheer has even recently gone mainstream with the release of a second movie, *The Champions League 2*,” points out Elaine Pascale, owner and founder of Freehold’s World Cup



Photo courtesy of Allison Athletic

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Photo courtesy of Eric McCrite



All Stars—one of the country's premier cheering gyms, boasting more than 35 competitive teams. "It provides insight into the exciting world of cheer. Plus, social media is full of profiles with tens of thousands of followers hoping to hear the latest news about their favorite cheer programs. It's easy to realize the potential progress cheer can have at this pace."

To be sure, Memphis-based Varsity raked in more than \$1.2 billion in sales last year. Not surprisingly, the company attracted the eye of "smart money" investors and last November Varsity was acquired for an undisclosed amount by Charlesbank Capital Partners. Headquartered in Boston and New York City, Charlesbank is a middle-market private equity investment management firm with some \$3 billion in assets under management.

The irony is that cheerleading can be a relatively inexpensive activity. More and more, however, the price of growth has translated into a higher price tag. Some now pony up big bucks for private competitions, training, equipment, and camps. Joining a competitive cheer gym costs around \$2,000 to \$3,000 per year. Private lessons can cost \$100 an hour. Add in uniforms, practice clothes, personalized duffel bags, summer camps, tumbling classes, squad practices with professional cheerleading programs, and choreography fees, and the annual tally for cheer families soars into the many thousands. Furthermore, cheerleaders

have a big influence on their families overall spending habits, especially in terms of clothing, health and beauty products, food, and travel. For members of competitive cheer teams (there are an estimated 5,000-plus nationwide) the annual bill for a family can easily reach the five-figure level.

As the competitive aspects of cheerleading have grown, so too have the opportunities. Most professional cheerleaders aren't in it for the money, but for the doors it may open. NBA and NFL cheerleaders make very little per game. However, full-time coaches of cheer squads earn \$40,000 to more than \$70,000 a year. And of course, a handful go on to bigger and better things, perhaps most famously Paula Abdul, who launched her show biz career as a member of the LA Lakers dance team. Did you know that Ike, FDR and George W. Bush were high-school cheerleaders? So were Jimmy Stewart, Steve Martin, Meryl Streep, Sandra Bullock, Christina Aguilera and Jennifer Lawrence. Katie Couric was a cheerleader at the University of Virginia and Rick Perry whipped up crowds at Texas A&M. Lindsay Lohan, Miley Cyrus, Madonna (right), Mitt Romney and Samuel L. Jackson were members of cheer squads. Let that soak in for a second.



Adams High School



While fame and fortune are not guaranteed, cheer-leaders at top colleges are recruited by a wide range of industries in need of dynamic sales people. Pharmaceutical companies are especially fond of that combination of enthusiasm and discipline cheerleaders bring to the table. Overall awareness of

cheerleading talent has also increased with the proliferation of college sports broadcasts.

Whether done for fun, competition or as a career-builder, cheerleading has lasting influences.



According to Stickle, cheer provides participants with “powerful lessons in community, character, camaraderie, skill development, and goal setting.” Pascale says it teaches young people to overcome fears and learn that there are no limitations to what they can achieve.” **EDGE**

Editor’s Note: Diane Alter was a Pop Warner cheerleader growing up in Rumson. She is pictured above standing on the far right.

THE PREMIER DAY CAMP IN NEW JERSEY!

“I’ve been going to Camp Harmony for six years and they have been the best summers of my life. Camp feels like family and home. It gives us a chance to be who we are.”
— CAMPER, AGE 12

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— MOM, FANWOOD

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EDGE

interview

Al Jarreau



Photo by Helmut Riedl

Two decades before **Al Jarreau** gained international fame with his joyous theme from the hit TV series *Moonlighting*, he was moonlighting as a singer with the George Duke Trio in San Francisco. Jarreau was busy putting his Master's degree to work as a vocational rehabilitation counselor when he found his stride on stage... or vocal thumbprint, as he likes to call it. Needless to say, he's never looked back. Editor at Large **Tracey Smith** asked the six-time Grammy winner to look back—at his musical family, his early influences, and the unexpected twists and turns in a professional career that is now in its sixth decade.

EDGE: What kind of impact did *Moonlighting* have for you?

AJ: People heard me who had never heard me before. People who were unlikely to go to Tower Records and search through the jazz bin and find this singer named Al Jarreau—who was singing Chick Corea and Dave Brubeck, who was doing this really eclectic form of music that had a mixture of styles. I mention Tower Records because that's the time period covered by *Moonlighting*, when we had brick and mortar stores to go into.



Picturemaker Productions/ABC Circle Films

EDGE: *Moonlighting* had an international audience.

AJ: That's an important point. People in Jakarta, Indonesia, and Oslo, Norway found out about Al Jarreau by hearing [singing] *Some walk by night, some walk by day. Moonlighting strangers, who just met...on the way.* It was a very wonderful introduction to

people, who went out and found my music. And [laughs] guess what? Listening to *me* they learned about Dave Brubeck and Chick Corea and found *that* music, and got their lives enriched some more.

EDGE: How did you get that job?

AJ: The writer called me and he mentioned he was doing music for a pilot show that would star Cybill Shepherd

and—I could hear papers rattling...he was looking for Bruce Willis's name and he finds it—Bruce Willis, this young actor. Who knew!

EDGE: What did you want to be when you grew up?

AJ: My Dad was a preacher, a Seventh Day Adventist Minister—four years of school, ordained ministry, not somebody who read the bible a few times and decided to open a church on 3rd and Vine. So I wanted to be a preacher until I was 13 or 14 years old [laughs]. But then I figured out that probably was not for me. My older brothers had brought jazz and stuff into the house. They sang the Mills Brothers, Count Basie, Sarah Vaughan, Billy Eckstine—they called themselves The Counts of Rhythm. I was knee high to them looking up in total wonderment. That was the heaven I wanted to go to, where they do this kind of music. Impactful! Greatly impactful.

EDGE: When did you start singing?

AJ: When I was four years old. It was a wonderful thing to stand there and open your mouth and something comes

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out that makes people smile. I *got* it. Whatever I did, my folks were big on education, so I knew that I would stay in school, graduate from high school and go on to college somewhere. I didn't know what my vocation would be, but I knew that more education was in my future, and that I would be doing music all the way through. And that's exactly what happened. All through high school, I sang in the *a capella* choir, solos that I rehearsed for and looked forward to, doing the sacred music of Bach, the show music of Broadway, singing doo-wop music on the street corner and in the bathroom with three other guys [laughs], because there was good echoing off the tile. I rehearsed with quartets that only sang a couple of nights a year at Lincoln High School—we got together to laugh and smile and make this music we could make with these four people.

EDGE: Did your father sing?

AJ: My dad sang his butt off! He sang in a quartet that traveled all the states of the Union doing church music. They were all students at Oakwood College and becoming ministers within the faith. My dad was a brilliant singer, an Irish tenor type of voice. My mother was a pianist and she could sing, too. But her main thing was to play the piano, and she played for the choir and with the soloists that sang during most of the years of my upbringing in church.

EDGE: When did you know you shared that gift for music?

AJ: At five or six I knew. I *knew* I had it—that early! The dream began then to do music in whatever situation I could.

EDGE: How did you establish your voice and perfect your craft?

AJ: Simply by doing it. When you do it over and over, you find yourself. We all begin trying to sound like somebody that we admire and that's good, but if you do it long enough, you'll find your own voice. There's a thumbprint inside you, inside your mind, inside your throat, that is only you, that nobody else has. If you have time to research and look for it, you find your own thumbprint. Don't nobody sound like Ray Charles or Joe Cocker or Celine Dion.

EDGE: Who did you emulate at first?



Photo by Helmut Riedl

AJ: When I started out, I wanted to sound like Johnny Mathis...and Jon Hendricks. Pound for pound, Hendricks is one of the best jazz singers that ever walked the face of the earth. He's 95 and still doing it. Go and find Lambert, Hendricks & Ross—I wanted to sing like those guys. Most singers who sing jazz don't sing complex stuff like *Take Five*, or scat like I do. But I started out wanting to be like Jon Hendricks.

EDGE: When did you start writing your own music?

AJ: I really started writing my own music in about 1969 or '70, about five years before I recorded *We Got By*, my first album. It was rather frightening for me. When you listen to Bob Dylan, when you listen to Joni Mitchell, when you listen to Janis Ian—those singer/songwriters who were writing at such a high level, it's intimidating. So, it took me a while to find my own voice as a writer. I'm still struggling as a lyricist, writing in that way. Musically, it comes out a little more easily for me. But I don't think I'm a great music writer—I mean, the melody and the chord changes for the melody I do okay. And when I collaborate, that really lifts it to a different level musically. But in terms of the message and the lyrics and all of that...if you read poetry, you see how some people put together words in a way that just [laughs] scares the crap out of you if you're going to start messing with words!

EDGE: Talk about your history with George Duke. Last year you recorded a tribute album to him, *My Old Friend*.



Concord Records

AJ: [laughs] George and I go back to when we were puppies. I was 24 or 25 and George was 19. There's a record called *Al Jarreau and the George Duke Trio Live at the Half Note 1965*. George was not even old enough to be in the Half Note Club! I was doing jazz standards, American Songbook standards and some Broadway music,

but George was swinging like Ahmad Jamal and Wynton Kelly—at age 19. I walked in on a Sunday afternoon, which was a “Matinee Sunday,” and stood in line with five horn players and a guitar player, waiting to get up and play with this wonderful trio that was led by George. That started a three-year run with George and me at the Half Note, in San Francisco. His mother would come to the club and shake her finger at the owner, Warren, and tell him to get her son home immediately when he was done performing, because he had to play for church the following Sunday morning. We did a lot of great George Duke music on *My Old Friend*, with Stanley Clarke, Marcus Miller, Boney James, Jeffrey Osbourne, Dianne Reeves and a bunch of people who came and played on this record. It's been out there since last August, and its doing great...we're on the charts since that time and we've got numbers, and I'm tickled to death to be doing this summer's tour with that record under my arms, presenting it basically to the rest of the world. He was one of the most important music people in this sector of the universe during the last one hundred years. **EDGE**

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M Studio

Sam's Town

Chef Sam Byrne is making waves at Asbury Park's Cross & Orange.

By Mark Stewart

Starting around mid-May every year, the Jersey Shore witnesses a wondrous mass migration, as hungry visitors glide in for a meal or two before picking up and heading north. Just to be clear, we're talking about people (not birds). For generations, residents of landlocked Northern and Central New Jersey have flocked to the beach towns in search of memorable dining experiences. In the old days, that translated as

lobster, fried shrimp, steamers and pitchers of beer. To be sure, fresh seafood and water views are still staples of Jersey Shore dining. However, a handful of talented chefs are breaking this mold by creating innovative, important menus for those with greater expectations.

Which explains, at least in part, what Sam Byrne is doing in Asbury Park at Cross & Orange.



M Studio

Byrne, a native of Ireland, began working under some of Europe's top chefs as a teenager in a career that included two years in Spain at El Bulli (regarded by many as the finest restaurant in the world) and stints in London and Paris. He arrived on our shores in 2011 with the goal of opening a restaurant that reflected the most outstanding elements of American culture and cuisine.

"My background in Europe opened doors to wherever I wanted to go," says Byrne. "I came to the U.S. because I wanted a change, but also to create something totally new."

According to Byrne, the Cross & Orange menu celebrates the remarkable diversity, work ethic and ambitions of 19th century Manhattan, paying homage to the "makers and doers who built the country." The restaurant's name references two of the streets that made up the notorious melting pot of New York's Five Points neighborhood. As a tribute to that era, Byrne and his kitchen staff make everything from scratch, and delight in working unexpected ingredients into every menu item.

The owners of Cross & Orange, brothers Chris and Bob Fahey, grew up in the restaurant business. They worked in a number of bars and restaurants in the City and earned their spurs on the Jersey Shore with Edgar's Pub in Manasquan, and at trendy Asbury Lanes, a few blocks away. They opened Cross & Orange in February on Cookman Avenue, the epicenter of Asbury Park's culinary renaissance.

Initially, the brothers' ambition was to up their game and stake their claim in the town's red-hot restaurant scene. The

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first step was to secure a prime location, which they did, in the old Park Overlook building—which, as the name implies, overlooks a park (Lincoln Park). Next it was time to secure the services of a first-rate chef. So they ran an ad. Their goal was to be extremely selective and find someone young, creative and ahead of the trends. Someone who, as Chris puts it, “would give us an identity.”

“When we first met Sam, our expectation of a chef was here,” Bob recalls, putting his hand at eye level.

“What we got,” says Chris, raising his hand a foot above his head, “was here.”

Byrne says he was being equally selective. He had come to Monmouth County to help a friend open a restaurant and was blown away by what was happening in Asbury. Initially, he had planned to work in Manhattan. “But as soon as I saw the building, I signed,” he says. The space is arguably the best in town in terms of its layout and energy. A long bar rises a few steps above the dining area, which is open to the adjacent park, about a three-minute stroll from the boardwalk.

Assembling the Cross & Orange menu was a collaborative effort. The Faheys wanted a place people “would feel comfortable coming to twice a week” as opposed to a destination restaurant, yet one that addressed Asbury Park’s ever-ascending taste and sophistication. They made big investments in staffing; the service is friendly and professional (several waiters have managed restaurants themselves), and the kitchen is driven and motivated. As for Byrne, his marching orders were clear: “Gears-forward, no holding back.”

Not surprisingly, it is the food at Cross & Orange that sets it apart. Bring your appetite and, just as important, your reading glasses, because it’s the small print under each menu item that demonstrates Byrne’s creativity and commitment to quality. The ingredients, he says, are the best he can buy, and there are always specials on the blackboard perched above the dining area.

“The meats are always prime, the lamb is from Colorado, the octopus is fresh from Portugal,” he says. “Now we move into summer, my favorite season, so I get to play off the shore with different types of fish and light dishes.”

“Sam learned the styles of the masters and developed his own way of cooking and presentation,” says Chris Fahey. “Once he earns the trust of our customers, we see them coming back to explore more of his cuisine—sometimes

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M Studio

returning with a bigger group, or sometimes coming alone and ordering a couple of appetizers at the bar.”

Among the more intriguing starters are charred octopus, hand-cooked with a blowtorch and set on a bed of mizuna, olives and oregano; sashimi tuna tartare with pistachio and cucumber; PEI mussels with chorizo and barlotti beans in a minestrone broth; and a smoked bacon and watermelon salad featuring daikon, radicchio, chili and pork belly.

Meat entrees range from a 60/40 burger topped with garlic spinach, red onion jam and gruyere to an herb-crust rack of spring lamb, and include all manner and size of steaks, both on the menu and on the specials board. Roasted Chilean sea bass, Nordic cod and other seafood specials are extremely popular. If Dover sole happens to be available, dive right in. **EDGE**

Editor’s Note: Cross & Orange is located at 508 Cookman Avenue. Summer hours and days of operation are posted at crossandorangeap.com. The restaurant is extremely busy on Fridays and Saturdays, so call for reservations as far in advance as possible at (732) 361-5502. Street parking in the summer is nearly impossible, so ask about nearby garage options when you call, even if you’ve booked through Open Table.



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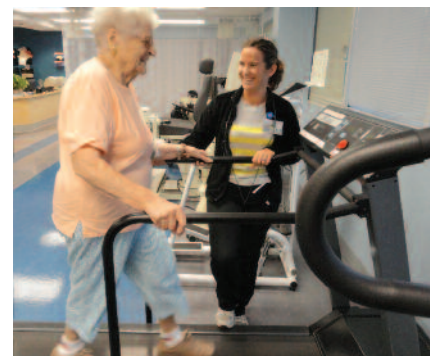
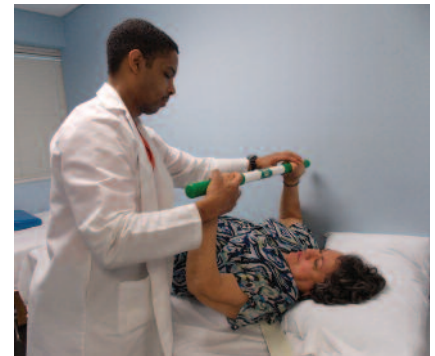
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A Cause With Merritt

Merritt Miller Duffy, President of B.B. Miller & Company, keeps alive a 70 year-old family tradition of supporting healthcare in Elizabeth.

EDGE: Judging by the article in the 1944 Rotary International magazine, your family has a long history of giving back to the community, and especially in assisting Elizabeth's hospitals. Growing up as a member of the Miller Family, was it just assumed that you would someday find a significant way to help the community?

MD: In my family, helping the community is always something you are expected to do. It's how we grew up. If you're going to benefit, then you also must give back. This business has been successful in Elizabeth, and we all want to share that success. Being in the insurance business, we survive by being out with people, limiting the time we spend behind the desk. Helping the community is an outgrowth of that as well.

We have a long history in Elizabeth. My great grandfather was only 19 years old when he acquired the former RW Walsh Agency, moved it from First Street in Elizabeth to its current location on North Broad Street, and renamed it B.B. Miller. That was in 1901.

So I would say yes, there's an expectation that you will give back to the community, but it's something I would do anyway.

EDGE: What are the organizations that you choose to assist?

MD: I'm just finishing a third and final year as Chairperson of the Greater Elizabeth Chamber of Commerce, which I found very satisfying. Also, each Summer I volunteer for 10

Above: Merritt Duffy, President and 4th generation owner of insurer B.B. Miller & Company, Elizabeth, looks over a World War II – era copy of Rotary International's Rotarian magazine. The magazine features her grandfather, Bertram N. Miller's, efforts to organize Elizabeth Rotary members and other volunteers to assist Elizabeth General Hospital during the war-time manpower shortage. Today Bertram's descendent, Merritt, keeps the tradition of voluntarism alive, serving a number of organizations including Elizabeth General's descendant, Trinitas Regional Medical Center.



Merritt Duffy, flanked by husband Jim, daughter Heather, and company mascot Casey.

weeks as Assistant Director of the Adirondak Camp near Lake George. I fell in love with the place when I went there as a 12 year-old. Later, around 1994, I attended a reunion and learned that the camp was in dire financial straits and about to close. I got together with 5 other former campers, and we volunteered behind the scenes and were able to save the camp. For the last 16 years I work there as Assistant Director during the 10-week camping season. Every Summer I live at the camp, but I take a day and a half each week to make the drive to Elizabeth, see my family, spend time at work, then make the drive back to the Adirondaks.

More recently, I got to know the Trinitas Health Foundation by helping out on their Gala Committee. I liked everyone I came in contact with, and told Nadine Brechner to let me know if she'd like me to do anything else. Well, that's the wrong thing to tell Nadine! I've been a member of the Foundation Board now for 3 years. Actually, I could still do more for Trinitas. I like the satisfaction that comes with helping the hospital, and knowing that it makes an impact.

Our family's and our firm's involvement with the Rotary Club of Elizabeth goes back generations starting with my grandfather. He and my father, and my husband have all served as President, as has Bill Mealia, our company's Chairman. Rotary was men-only for many years, so as a woman I forged a different path. This led me to the 200 Club

of Union County, Junior Achievement, and the CMI Community Center which became Jefferson Park Ministries.

EDGE: Volunteering must take a huge amount of time out of your schedule. What would you say is your motivation?

MD: I really believe in the City of Elizabeth. I see so much success – so many people are investing in the City—I see it every day. I've got great pride in the City and my family's long history here. I hope our daughter, Heather, will carry on as the 5th generation to run BB Miller. As for me, I'll never leave!

Sometimes it can be a challenge to convince certain insurance carriers that Elizabeth is a great place to do business. They sit in the suburbs and look down at us. That only fires me up more to be a champion for this City and for its multi-ethnic population. I'm committed to non-profits, women-owned businesses, minority-owned businesses—those that don't have it so easy. *Those* are the entrepreneurs that I want to help.

You are correct about the time that volunteering takes from work. It's difficult to do, because with insurance, you always have to go after new business. It would be a lot easier to not do any community work, but it would not be nearly as satisfying. It's definitely a choice. **EDGE**



With This Allen Wrench, I Thee Wed

*Everything you wanted to know about New Jersey couples...
and a few things you didn't.*

By Mark Stewart

In 2005, single mom Shirley Stewart and her teenage daughter, Jashirele, were shopping at the IKEA in Elizabeth. Jashirele pointed out Rashid Smith, who was shopping alone nearby. The two ladies followed good-looking Rashid for nearly an hour, trying to figure out from his cart contents whether or not he was married. Finally, in the frame department, Jashirele just went up and asked him. No, said Rashid. He was not.

Fast-forward eight years. Stewart and Smith tied the knot—in that very same frame department.

Their story is not unusual. New Jersey is an endless source of great meet-cute yarns, off-the-charts weddings and tales of quirky couples.

In these pages we present a sampling of fun facts...along with the good, the bad and the ugly.



A Bargain at Twice the Price

Earlier this spring, Vineland couple Clara and Julio Sbrana celebrated their 76th wedding anniversary. Both turned 100 recently. Last year, they renewed their wedding vows on their 75th anniversary. Julio had his first dance with Clara Vai at a bar on Dante Avenue the year after Prohibition was repealed. She charged him a nickel.



Upper Case Editorial Services

Something Less Than a Bargain

At roughly \$54,000, our area—specifically, Central and Northern New Jersey—is the third-most expensive place to get married in the United States. Manhattan ranks #1 with an average cost of \$76,000 and Long Island is second at \$55,000. Westchester and the Outer Boroughs came in fourth and sixth, respectively, with Chicago coming in fifth at \$51,000. Rounding out the Top 10 are Philadelphia, Rhode Island, the San Francisco Bay Area and South Jersey (\$39,000).

Cry Baby

Can you have a wedding reception without at least one Stevie Wonder song? For her 2011 wedding at the Rockleigh Country Club in Bergen County, Aisha Morris asked the Charles St. Paul Band to play *Isn't She Lovely*. The song had a particular special meaning to Aisha, whose father, Steveland Morris (aka Stevie Wonder) was in attendance. What's more, when he recorded *Isn't She Lovely* in 1976, he needed the sound of an infant crying at the beginning of the song. The baby he recorded was Aisha.



Photo by Pete Souza

Put a Ring On It

Liberty Hall, on the campus of current-day Kean University, hosted one of the state's first A-List weddings in the spring of 1774. John Jay, the future Governor of New York and Supreme Court Chief Justice, married Sarah Livingston, daughter of New Jersey Governor William Livingston. Legend has it that the same home was the site, some two decades later, of an A-List elopement. William Henry Harrison, a young Army officer, spirited Anna Symmes out of a parlor window very much against the wishes of his future father-in-law, the honorable John Symmes. Judge Symmes changed his tune after Harrison—a protégé of Mad Anthony Wayne—achieved some notoriety on the battlefield. Harrison eventually was elected 9th President of the United States.



Upper Case Editorial Services

Feed Me, Grover

The modest clapboard house where President Grover Cleveland was born in 1837 still stands on Bloomfield Ave. in Caldwell. Two marriage-related artifacts are on display there: The 1886 certificate commemorating the union of Cleveland and Frances Folsom and a slice of their wedding cake. It is housed in a Tiffany & Co. presentation box and food historians believed it to be the oldest piece of cake in America.

The Clevelands were married while Grover was serving his first term in the White House. Frances was the daughter of his late law partner; he had become her legal guardian in 1876, when Frances's father died and she was only 11. Many assumed that Cleveland would marry Frances's mother, but instead he wed Frances as soon as she turned 21.

Visitors can't help but notice that a piece of the Cleveland wedding cake appears to be missing. Legend has it that a Cub Scout nibbled it off on a dare sometime in the 1950s.



Upper Case Editorial Services

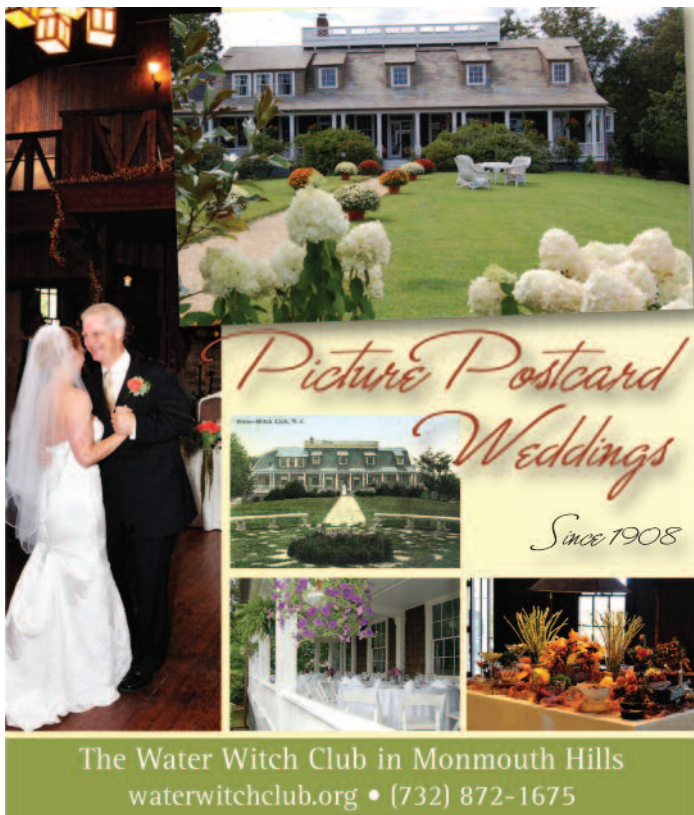
Up in Smoke

Husband-and-wife teams own and operate nearly 4 million businesses in America. The ones that succeed bring the same commitment and unified vision to their business as they do to their marriage. That was the plan for Angie's Bridgeton Grill, one of a handful of landmark diners manufactured by the Paterson Vehicle Company. Andy and Brenda Webster, a Cedarville couple, bought the popular 44-seat eatery and went to work serving up homemade fare to the breakfast and lunch crowd.

In the fall of 2012, a fire ripped through the kitchen, destroying Angie's, which was a Bridgeton landmark. "I don't know what to say," a distraught Andy told reporters the next morning. "The police came to my house last night and woke me up."

A couple of years later Andy and his wife had *plenty* to say. They admitted in court to having started the fire. Their business had hit a rough patch and the insurance money was just too tempting. Late one night they doused a pile of newspapers and menus with a can of gasoline and lit it.

The gas fumes ignited and burned Angie, so it didn't take a genius to figure out who had set the blaze. They were scheduled to be sentenced in May 2015.



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The Casper Syndrome

In 2012, Josue Chinchilla and his fiancée, Michele Callan, sued their Toms River landlord for \$2,250 after fleeing from their rental home a week after moving in. During that time, they claimed, doors creaked and slammed, clothing flew out of closets and strange noises came out of the floor vents.



Harvey Comics

The ranch house, located on the corner of Terrace and Lowell Avenues, was apparently haunted. The couple even went so far as to hire a paranormal investigative company, which found evidence of "an active or intelligent haunting."

The landlord, Dr. Richard Lopez, countersued Michele and Josue for breaking their lease. According to Lopez, the only thing that spooked the couple was paying the rent.

Fore Score

Brick Township has produced some pretty impressive young people over the years, including hockey star Jim Dowd, baseball legend Hank Borowy and actress Kirsten Dunst. Among the most memorable is Ed Mallue, a two-time Ocean County Soccer Player of the Year who earned All-America honors at the U.S. Military Academy, served in Afghanistan and rose to the rank of captain.

The love of Ed Mallue's life, Natalie Heimel, is also an Army captain. Both are stationed in Hawaii and, last December, they scheduled their wedding on the 16th hole of the Kaneohe Klipper Golf Course. At least, that was the plan.

A certain Commander-in-Chief was also in Hawaii, with plans to play a round on the same golf course at the same time. Ed and Natalie were forced by Secret Service agents to move their wedding at the last minute so President Obama could play through.

He called them later to apologize. "I feel terrible, nobody told us," he said. "We would have skipped the 16th hole."

The news wasn't all bad. The ceremony and reception were moved to the lawn of their commanding officer—which was actually a nicer location. **EDGE**

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— Eric B. LeVine, Chef/Partner



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— Kevin Felice, 40North Executive Chef



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— Kevin Felice, 40North Executive Chef

restaurants on the **EDGE**



Piattino Neighborhood Bistro • Amalfi Seafood Pasta

88 East Main Street • **MENDHAM**
(973) 543-0025 • piattinonj.com

Sautéed shrimp and clams, tomato, roasted garlic, spinach and white wine lobster broth over linguine.

— Kevin Felice, 40North Executive Chef



The Office Beer Bar & Grill • Jersey “Wake Up” Call

619 Bloomfield Ave. • **MONTCLAIR**
(973) 783-2929 • office-beerbar.com/locations/montclair

Sirloin Burger topped with pork roll, American cheese and a fried egg. Lettuce, tomato and onion!

— Kevin Felice, 40North Executive Chef



George and Martha’s American Grille • Sliced Hanger Steak

67 Morris Street • **MORRISTOWN**
(973) 267-4700 • georgeandmarthas.com

Served atop a sweet potato purée, with a wild mushroom demi-glaze and pan-roasted asparagus.

— Kevin Felice, 40North Executive Chef



The Office Tavern Grill • Slow Roasted Chicken Tacos

3 South Street • **MORRISTOWN**
(973) 285-0220 • officetaverngrill.com

Grilled flour tortilla, achiote spice, guacamole, queso fresco, cilantro and lime.

— Kevin Felice, 40North Executive Chef



Arirang Hibachi Steakhouse • Pan Seared Scallops

1230 Route 22 West • **MOUNTAINSIDE**
(908) 518-9733 • partyonthegrill.com

Most guests think to visit us for an amazing hibachi meal, but we offer amazing traditional Japanese style dishes such as the Pan Seared Scallops, served with an edamame purée, truffle scented greens, miso lime dressing and bok choy. We also offer the freshest sushi in the area.



Daimatsu • Wild Caught Sushi

860 Mountain Ave. • **MOUNTAINSIDE**
(908) 233-7888 • daimatsusushibar.com

We are excited to introduce seasonal wild-caught fish from Japan, including (from left) Isaki from SW Japan served with ginger & scallions, Kamasu from Shikoku seared on the skin with sweet yuzu pepper and cured with kombu seaweed, and Ni-Anago eel braised tender in soy and sweet sake broth.

— Momo, Chef



Publick House • Grilled Swordfish

899 Mountain Ave. • **MOUNTAINSIDE**
(908) 233-2355 • publickhouseenj.com

The grilled swordfish is a perfect addition to our menu this Spring. Served over a fresh cut watermelon salad of red onion, pan-roasted brussel sprouts, feta cheese and tossed in a red wine vinaigrette. The swordfish is topped with lemon zest. The balance of flavors and diversity in textures makes this dish a true star.

— Danilo Ayala, Executive Chef



Morris Tap & Grill • Smoked Scallops with Corn Risotto

500 Route 10 West • **RANDOLPH**
(973) 891-1776 • morristapandgrill.com

The house smoked scallop dish balances the delicate flavored of smoked scallops served on a fresh corn risotto. The scallops are then topped with crispy celery root chips and finished with charcoal salt adding the perfect balance to this light dish.

— Eric B LeVine, Chef/Partner



Thai Amarin • Gang Phed Ped Yang

201 Morris Ave. • **SPRINGFIELD**
(973) 376-6300, (973) 376-6301 • thaimarinnj.net

A customer favorite, our Gang Phed Ped Yang perfectly blends a spicy and savory red curry base with delicious coconut milk and fresh tomatoes, bell peppers, onions, and pineapples. All of these fantastic flavors are served over our exceptionally crispy duck.

— Amy Thana, Owner



Café Z • Cappellini Arugula del Gamberoni

2333 Morris Avenue • **UNION**
(908) 686-4321 • CafeZNJ.com

Angel hair pasta tossed with rock shrimp, arugula, diced tomatoes, garlic and marinara with a touch of cream. The combination of authentic flavors in each of our fresh, homemade entrées is nothing less than culinary perfection!

— Patricia Inghilleri, Owner



Chestnut Chateau • Gifts from the Sea

649 Chestnut Street • **UNION**
 (908) 964-8696 • chestnutchateau.nj.com

Not only does the summer bring beautiful blue skies, warm weather and longer days it also brings great seafood in our area. The fresh scallops, shrimp and fish are abundant and delicious. The Chestnut Chateau is the only area restaurant that offers fresh, local and wild seafood.

— George Niotis, Chef



Mario's Tutto Bene • Vinegar Pork Chops

495 Chestnut Street • **UNION**
 (908) 687-3250 • mariostuttobene.com

Our vinegar pork chops feature three thin-cut Frenched chops that are coated with Italian breadcrumbs and sautéed with sweet vinegar peppers, prosciutto and garlic. They arrive with house-made roasted or mashed potatoes. Our regulars love this entrée.

— John Garofalo, Owner



Rio Rodizio • Brazilian Meats

2185 Rte. 22 West • **UNION**
 (908) 206-0060 • riorodiziounion.com

We offer an "All-You-Can-Eat" dining experience transported straight from the streets of Rio de Janeiro to your tableside. Each customer gets to witness a never-ending parade of freshly roasted meat and poultry. Our authentic Gaucho chefs carve these melt-in-your-mouth meats to your liking.

— Paul Seabra, Owner



The Manor • Seared Atlantic Salmon

111 Prospect Avenue • **WEST ORANGE**
 (973) 731-2360 • themanorrestaurant.com

Among the varied entrées served in The Manor's Terrace Lounge dining room is this perfectly-seared fresh Atlantic salmon. The crispy skin and delicate texture are accented with a flavorful almond and pumpkin couscous. Along with asparagus tips, a roasted tomato beurre blanc offers a rich, buttery compliment to this layered and refined dish.

— Mario Russo, Chef de Cuisine



The Office Beer Bar & Grill • Pacific Island Ahi Tuna Burger

411 North Ave. West • **WESTFIELD**
 (908) 232-1207 • office-beerbar.com/locations/westfield

Our pan-seared ahi tuna burger is finished with spring vegetables, Asian mayo, lettuce and tomato.

— Kevin Felice, 40North Executive Chef

IT'S A GIFT!

For the Heels

By Christine Gibbs



TOWER OF POWER

Sophia Webster's Brazilian-engineered **Fabric Sandal** takes summer footwear to new heights. Available at neimanmarcus.com.



IN THE PINK

The appeal of **Chiara Ferragni** whimsical Italian footwear goes way beyond cosmetic. Available at luisaviaroma.com.

BLACK & WHITE

Olsen Haus's "pure vegan" **Ballet Flats** give a hip 80's feel to skinny jeans, leggings and capris. Available at vickerey.com.



EVENING SHADE

Badgley Mischka's blue **Bridal Pumps** are among the designer's most popular wedding picks. Available at nordstrom.com.

KEEPIN' IT WHEEL

Kobi's clever **Bicycle Sandal** was inspired by the UK's first women's professional cycling event. Available at kobilevidesign.com.



Kobi Levi Footwear Art by Shay Ben-Efraim

EDGE PEOPLE



HITTING THE PAVEMENT

Walkers from Trinitas, the City of Elizabeth's Health and Human Services Department, and the Eastern Union County YMCA enjoyed National Walking Day under sunny skies earlier this year. All enjoyed the brisk walk along the Elizabeth River Trail to promote walking as part of a healthy lifestyle. Trinitas employees at the New Point Campus in Elizabeth and the Finance offices in Cranford also participated.



LIFE SAVING MESSAGE

As guests on Mayor J. Christian Bollwage's weekly cable show "Our City," Debbie Durand, Clinical Coordinator, Trinitas Intensive Care Unit (left), and Jackie Lue Raia, Ass't. Dir. of Resource Development at the NJ Sharing Network (center), discussed the importance of patients and their families giving serious thought to organ donation as a life-saving/life enhancing gift. Both women described the activities of Trinitas and the NJ Sharing Network that promote organ and tissue donation and advocate for those on organ transplant lists.

PAYING IT FORWARD

Roselle Park resident Mary Jo Daniel and Maritza Pineda of Elizabeth share a common bond as cancer survivors. In appreciation of the caring staff at the Center, Daniel paid it forward and gifted a "31" brand bag filled with comforting items to Pineda. It proved to be a small gesture with huge impact.



HEAD OF THE CLASS

Rose Santee, Associate Dean of the Trinitas School of Nursing, is serving a three-year term through 2017 as a member of the Board of Commissioners of the National League for Nursing's (NLN) Commission for Nursing Education Accreditation (CNEA).

Rose was one of the first educators nationally to obtain the certified nurse educator credential (CNE) from the National League for Nursing (NLN) in 2005. With more than 30 years experience in nursing education as a faculty member and as an educational administrator, Rose has been instrumental in advocating excellence in nursing education.



A look at unique and distinctive homes for sale in our area.

homes on the EDGE



64 Hayes Avenue **Clark**
\$379,999

Spacious 3BR, 2BA Ranch on huge lot with a large kit open to dining area, LR w/wbfp and MBR w/pvt bth & cedar closet.

www.coldwellbankermoves.com/ID/4740518
Maryalice Ryan **908.233.5555**



22 Brown Terrace **Cranford**
\$570,000

4BR, 3BA split level home features a spacious, open floor plan, LR w/dramatic vaulted ceiling & frplc, large FR & fab SunRm overlooking manicured yard.

www.coldwellbankermoves.com/ID/4748755
Faith Maricic **908.233.5555**



12 Carpenter Place **Cranford**
\$550,000

Exceptional two-fam home w/perfect flr pln for owner occupied use in main house & separate income producing rental unit.

www.coldwellbankermoves.com/ID/4662017
Elizabeth Bataille **908.233.5555**



7 Chester Lang Place **Cranford**
\$535,000

Well maintained 3BR, 2.5BA home, gourmet kit, double sized DR, lrg FR, finished basement, fenced yard w/pristine landscaping.

www.coldwellbankermoves.com/ID/4725234
Stephanie Smith **908.233.5555**



105 Cranford Avenue **Cranford**
\$639,000

Spacious 4BR, 3.5BA custom home on lovely tree-lined street features LR w/brick frplc, gorgeous wood flrs, FDR w/built-in corner cabinet, 1st floor den, EIK & much more!

www.coldwellbankermoves.com/ID/4726643
Elizabeth Bataille **908.233.5555**



106 Hillcrest Avenue **Cranford**
\$619,900

Completely reno'd 4BR, 2.5BA COL w/open floor plan, LR w/fp, gorgeous kit w/tons of cabinetry, deck overlooking fenced yard.

www.coldwellbankermoves.com/ID/4740307
Susan Gallagher Brown **908.233.5555**



195 Midway Avenue **Fanwood**
\$650,000

Custom 4BR, 2.1BA brick Georgian Center Foyer Col, gracious foyer, period details incl crown molding & original black walnut woodwork.

www.coldwellbankermoves.com/ID/4709412
Susan Checchio **908.233.5555**



14 N Martine Avenue **Fanwood**
\$399,900

Wonderful 3BR, 2BA custom home w/fab DR, charming kit w/pantry, beautiful built-in bookcases & gleaming HW & parquet floors

www.coldwellbankermoves.com/ID/4703110
Susan Gallagher Brown **908.233.5555**

EDGE is not responsible for any typos, misprints or information in regard to these listings. All information was supplied by the realtors that participated and any questions or concerns should be directed directly to them.

VISIT US ON THE WEB www.edgemagonline.com



19 Poplar Place **Fanwood**
\$529,000

Custom 3BR, 2BA Multi Lev w/Colonial Charm. LR w/Bay Wndw, WBFP, Built-in Bookcases, Cove Moldings, FDR, Sunlit 1st flr FR.

www.coldwellbankermoves.com/ID/4400257
Betty Lynch **908.233.5555**



270 Hemlock Avenue **Garwood**
\$579,000

Perfectly maintained, like-new 4BR, 2.5BA Colonial, open layout, Family Room w/ Fireplace, 2 car garage, fantastic location.

www.coldwellbankermoves.com/ID/4680276
Virginia Garcia **908.233.5555**



273 Hickory Lane **Mountainside**
\$575,000

Impeccably maintained 4BR, 2BA Expanded Cape, formal LR/DR combo w/elegant fireplace, light & airy FR w/lots of fab wndws.

www.coldwellbankermoves.com/ID/4718070
Jayne Bernstein **908.233.5555**



6 Highpoint Drive **Mountainside**
\$1,179,000

New Construction 5BR, 4BA, Finished Basement, Deluxe Master suite, patio, quiet yard, all appliances, 10 year warranty, skyline views!

www.TheEmmaTeam.com
Christina Bove **908.416.6364**



1020 Mary Allen Lane **Mountainside**
\$1,269,000

Stunning NEW 5BR, 5BA COL w/panoramic views of NYC. Gourmet kit w/cntr isln & pantry w/wine refrigerator, FR w/fp, MB ste.

www.coldwellbankermoves.com/ID/4673334
Elvira Ardrey **908.233.5555**



490 Summit Road **Mountainside**
\$1,050,000

New Construction 5BR, 4BA, Finished Basement, Deluxe Master suite, patio, fenced yard, all appliances, 10 year warranty, skyline views!

www.TheEmmaTeam.com
Christina Bove **908.416.6364**



1246 Wood Valley Road **Mountainside**
\$585,000

Charming 3BR, 2BA split level home on corner lot features HWF, EIK, FDR, Garage and fenced yard w/patio & deck.

www.coldwellbankermoves.com/ID/4726272
Linda Parsons **908.233.5555**



627 Locust Street **Roselle**
\$224,900

Beautiful 4BR, 1.1BA Center Hall Colonial on double-lot, lrg FR off LR w/wbfp leads to FDR & EIK, MBR w/WIC, deck & patio.

www.coldwellbankermoves.com/ID/4714914
John C Wiley **908.233.5555**



2628 Farview Drive **Scotch Plains**
\$835,000

4 bedroom, 2.1 bath home on quiet cul-de-sac enjoys complete privacy w/panoramic vistas from deck. Open floor plan for an easy flow between LR, DR, FR, and EIK- perfect for entertaining and everyday lifestyle!

www.frankdisoldi.com
Frank D. Isoldi **908.233.5555 x202**



1141 Donamy Glen **Scotch Plains**
\$824,900

Sprawling custom ranch on a cul de sac, ideal flow, beautiful wood flrs, spacious rooms w/window drenched walls, LR w/wbfp.

www.coldwellbankermoves.com/ID/4712829
Jill Horowitz Rome **908.233.5555**



1240 Lenape Way **Scotch Plains**
\$777,000

Beautiful, one-of-a-kind Ranch style home on a cul-de-sac. Spacious rooms, Large EIK w/center island, Sunken LR opens to FDR.

www.coldwellbankermoves.com/ID/4656187
Duncan Smythe **908.233.5555**



2163 Raritan Road **Scotch Plains**
\$1,050,000

5 bedroom, 5.1 bath CHC, on beautifully manicured property w/amenities, incld. custom moldings, wainscoting, palladium-topped windows & hwd floors w/inlays. Open floor plan offers amazing living space.

www.frankdisoldi.com
Frank D. Isoldi **908.233.5555 x202**



24 Cottage Lane **Springfield**
\$639,000

Large, expanded Split Level home w/4-5BR, 2 Fam Rms, marble foyer, updated kitchen w/long center island & granite counters.

www.coldwellbankermoves.com/ID/4631347
Lou Faruolo **908.233.5555**



1783 Oak Hill Drive **Union**
\$399,900

Custom 4BR, 3.1BA home beautifully reno'd, Open floor plan w/gorgeous kit, gracious LR w/frplc, gorgeous HWF, MBR w/lrg WIC.

www.coldwellbankermoves.com/ID/4740275
Elizabeth Bataille **908.233.5555**



814 Cedar Terrace **Westfield**
\$1,350,000

Classic 5BR, 3.2BA CHC w/2 frplcs, front & back staircases, FR w/French Doors to patio, scrdn porch, FDR, Beautiful backyard.

www.coldwellbankermoves.com/ID/4731907
Eileen Passananti **908.233.5555**



1029 Grandview Avenue **Westfield**
\$639,000

Completely reno'd 3Br, 1.1BA CHC features gorgeous EIK w/SS aplncs & granite counters, New 1st flr powder room, HWF throughout, Sliders off kit to beautiful landscaped property.

www.coldwellbankermoves.com/ID/4743567
Elizabeth Bataille **908.233.5555**



547 Pierson Street **Westfield**
\$899,900

5 BR, 4-1/2 bath Michael Mahoney Colonial w/amenities, incld. 9' ceilings on 1st floor & beautiful mill-work. Formal LR, EIK open to FR w/slider to patio, MBR w/private bath; 3rd floor BR w/full bath. LL w/Rec. Room + full bath.

www.frankdisoldi.com
Frank D. Isoldi **908.233.5555 x202**



1160 Wychwood Road **Westfield**
\$1,799,000

Elegant 5BR, 5.1BA cust COL in great loc, beautiful LR w/fp, gourmet kit w/double doors leading to yard, magnificent MBR ste.

www.coldwellbankermoves.com/ID/4716571
Hye-Young Choi **908.233.5555**

ATTENTION REALTORS: Place your home listings here for FREE - call 908.247.1277 for details.

5 Minutes with...

Celebrity Chef Marcus Samuelsson



Photo by Brent Herrig

Why are you head over heels about cooking?

I love the creativity of cooking and eating. Cooking is very rewarding. What I love about it is that you can cook a meal and can share it, you can share where you've been on a journey, you can share where you're going, you can share what you're excited about. It can be spiritual; you can really bring your mood into the food. But it is also something that still is both a craft and an art. I practice cooking almost every day. It's a combination of work ethic, craftsmanship, and artistry.

When did you realize you had the knack for it?

When I was a teenager. I started to make meals for my family and everyone loved my food, even the pickiest of eaters. My grandmother helped me find that passion and my parents gave me my work ethic. Working in France showed me what it would take, and then coming to this incredible environment here in New York City pushed me even more, working with the chefs from Harlem EatUp and other local chefs, like Jonathan Waxman, Daniel Boulud and Melba Wilson. They're the ones inspiring and pushing me every day.

Is there a difference between cooking for Americans and Europeans?

I do believe that there is. In America, you have a multicultural culinary base with a variety of different consumers, which makes it more interesting. In America, the biggest difference is we have diversity. The bigger the diversity the more you have to take into consideration. Maybe there won't be as much pork on the menu, maybe you have to think about more vegetarian dishes. You have to think about people's choices in order to feed a more diverse nation.

What is your favorite ingredient at the moment?

I am intrigued by seafood, even the most simple, like soft shell crab. I also like rhubarb.

Are you head over heels for a particular cookbook?

White Heat is my favorite, by chef Marco Pierre White. He showed me a different path in France. And I love Leah Chase's *And Still I Cook*. She is one of my mentors.

Julia Child said careful cooking is love. Do you agree?

I completely agree. It is a way of caring. I think it applies to everything we do. Everything that I know and every place that I have been has always revolved around cooking. Whether I am breaking bread with my family in Harlem or in Ethiopia, to me it is one in the same, and I love it.

How would you tailor a menu for the ultimate date night?

The menu would have intimate, shareable food. I'd begin with oysters. I think there must be champagne, definitely some bubbles. I love something that talks about a journey a couple has shared together, like the Caribbean—for instance, grilled lobster with rice. They'd finish with strawberries and buttermilk sorbet, to bring back some childhood memories. **EDGE**

Editor's Note: Marcus Samuelsson is a favorite contestant and judge on cooking competition shows, and owns Red Rooster in Harlem. He holds the distinction of being the youngest chef ever to receive a 3-Star review from the *New York Times*. As executive chef at Aquavit, he was named the top chef in New York City by the James Beard Foundation. Editor At Large **Tracey Smith** actually spent more than 5 Minutes with Marcus. Log onto edgemonline.com to learn more about Red Rooster and his life as a celebrity chef.

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**A VALUED TEAM MEMBER & COMMUNITY LEADER!**

Ana Castillo

Ana is a spirited person who adores her three-year old American Pit Bull Terrier, Casper. She is driven by the support of a family that provides unconditional love. Her passion for knowledge is what motivated her to graduate from Rutgers University with a bachelor's degree in Spanish with a minor in Public Service.

When she is not working hard at DCH, she enjoys baking and traveling. With a bright future and positive attitude, nothing will stand in her way.

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