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BIG IDEAS  
ISSUE**

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INTERVIEW**  
Michael Chiklis



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# EDGE

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## President's Message



As part of New Jersey's most comprehensive academic health system, we deal in big ideas every day. Almost everything we do here and every tool we employ in caring for the community began with the simple question: *Can this actually be done?* This issue of EDGE celebrates that kind of bold, creative thinking and honors the people who move big ideas forward in the work they do.

Our cover interview with Michael Chiklis shines the spotlight on an actor who adds depth and complexity to roles that make us ask *What makes a hero?* We also spend 5 minutes with Hugh Laurie, who played a fictional doctor on *House*. I loved his diagnostic skills—he was all *about* big ideas—but I'm not sure I'd give him quite as much rope as his boss did!

With energy prices soaring this spring, our Home section gets you up to speed on something a lot of us are suddenly thinking about—electric vehicles—and takes a look at the work that needs to be done so you can plug in at home. Our Food section revisits Common Lot in Millburn, which has become the biggest of big deals on the New Jersey restaurant scene.

The Family section takes a look at the work being done at Trinitas in Dialectical Behavior Therapy, a big idea in the treatment of a wide range of crippling emotional issues. I am incredibly proud of the work being done in this area and encourage you to share this story with friends and family. Other health stories in this issue include a look at the groundbreaking malaria vaccine that went largely overlooked when it came out last year, as well as a concerning uptick in a skin disorder we're seeing at the Wound Center, which may be related to diabetes and obesity.

Be safe, be healthy and enjoy the warm weather,

Gary S. Horan, FACHE  
President & Chief Executive Officer  
Trinitas Regional Medical Center

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# EDGE

## restaurant

### Common Lot

*“Waygu beef tartare is, in its elegant simplicity  
and focus on flavor, divine.”*

By Andy Clurfeld



### Common Lot

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Two curries, a carbonara and a cassoulet, plus plancha'd fluke, pastrami'd salmon and a pudding of sticky dates are on Ehren Ryan's always-evolving menu on this night at Common Lot, world tour and tour de force colliding at the two-storied epicenter beloved by fellow chefs and home cooks.

I break into the light crust of breaded paneer, swiping the milky cheese in its curry, a wash of sienna and olive green with dots of tangerine and lime. The colors are retro 1970s, but the tastes are fashion-forward. Ryan's singularly clear-eyed abracadabra refreshes the roles of ginger, mustard seeds, cinnamon, turmeric and their comrades, allowing them to add warmth and depth and a mysterious range of emotions to a dish gone stale. Fried paneer, the mozzarella sticks of South Asia, is no longer the equivalent of bar food; it simply raises the bar on what to do with a staple whose frequent modifier is bland.



Its tangle of greens, leaves of emerald, forest and hunter veining rich cordovan, tango with a chiffonade of pale, crunchy cabbage and puffed rice kernels. You'll want to make the effort to get some of everything on your forkful—paneer, curry, leaves, crisped things—so you can understand what Ryan has orchestrated: peak culinary confluence.

In the six years since Ryan, who hails from Australia, and his wife Nadine, born in Austria, opened Common Lot in Millburn, they have been influencing those open to exploration of new foods as well as forever-there foods in need of a re-set. More than any other Garden State restaurant serving forth in this century, Common Lot has presented the next big thing. And when it's done with it, typically well before it's run its course, it's gone. To be replaced, we soon learn, by chef's sorcery, a combination of whimsy, whim and, always, wisdom.

I may miss the dish I always thought of as bo ssam lamb, but I'll never believe I'm settling for an also-ran in the meat department with Waygu beef tartare, showered with salty parmesan that rather looks like flakes of sea salt, near-translucent wisps of pickled onion and capers, fried until beautifully bloated and pricked open so they, too, can add their rush of salinity to the plush beef. It's all encircled by a puree of arugula



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that brings more than a spot of pepperiness to the dish. If Ryan wanted to play cute, he could call this Salt & Pepper Beef. But he needs no gimmicks, not in title, not in concept. His Waygu beef tartare is, in its elegant simplicity and focus on flavor, divine. Similarly, he'll cure salmon with pastrami seasonings and present it with carved petals of ginger, a subtle crème fraîche and dabs of salmon roe. The result: equal parts restraint and reverie.

There are occasional missteps. Risotto is brushed up with crab bisque, but its sauce is out-of-whack acidic. I'm guessing the lemon employed was the culprit, either inherently lacking acid-to-fruit balance or too liberally applied. I love the idea of creamy crab with sturdy Italian rice and ate up every shred of lump crab and micro-leaves of celery garnishing the dish. Maybe use Meyer lemons here?



## The Chef Recommends

# The EDGE Restaurant Guide

In addition to our regular food reviews, EDGE includes a selection of restaurants in each issue, taking you behind the scenes and into the kitchens of some of the area's most popular dining spots.

Do you have a "go-to" dish at a favorite restaurant?

We'd like to know!

Visit us on Facebook and leave a comment in our **The Chef Recommends** section, or Tweet us your recommendation with **#MyFavoriteLocalDish**.

You can find links to both on our Home page at [www.edgemagonline.com](http://www.edgemagonline.com).





*They'll figure it out*, I think to myself as I bust open a fillet of plancha-seared fluke. I'm skeptical about this dish, not because I haven't had expertly cooked fish here many times before, but because it's billed to come with a truffled brown butter as well as a celeriac-truffle puree. Pretty much anything with truffle oil obscures the taste of what it comes in contact with. Yet no aggravated assault on an innocent ingredient here, but rather a minuet between the mash of oniony-celery-sweet-garlicky root vegetable and its controlled musky-nutty partner—and a nifty pas-de-deux of lightly briny, faintly sweet fish and woodsy truffle. Learning is good, isn't it?

Speaking of woodsy and musky, the star of duck leg confit cassoulet is the refined duck jus, which penetrates the preserved leg, the white beans, the slivers of sausage, nibs of carrot and what appeared to be a few teeny cubes of an ivory root vegetable so smitten with the duck juice that it went Zelig. Quite the entertaining mimic.

A pale green curry, with coconut milk as its base and Thai basil as its muse, is invigorated with chili oil and, in turn, invigorates a stew of shellfish and finfish. I don't



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want to ruin the Pollock-like speckles and drips of oil that give the plate the kind of eye-candy appeal I personally shun, but once I swish the chili oil into its honeydew-hued broth, I know it's all meant to be.



A lemon cake that was to be soaked with vanilla was too dry to mean much to its plate mates of yuzu curd and mascarpone, let alone crumbles and grains of pistachio. But a sticky date pudding given the surround-sound treatment of a sleek caramel made from prunes and brandy was topped by a blot of clotted cream that seemed too generous until I demolished it all and wanted more, please. Ryan and his kitchen crew may seem all over the map, but when they go cheeky with an old-school dessert like this, I'm glad to be gobsmacked.


Is that the carbonara? Passing right by me is something I've not ordered on this night at Common Lot. My, it looks fine. I smell smoky and I feel my gastric juices start to flow again.

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**Editor's Note:** Andy Clurfeld is the founder and editor of The Peasant Wife, an online culinary journal all about and only about the Garden State's foodways. Find more of her stories, as well as those from other leading culinary journalists, at [www.thepeasantwife.com](http://www.thepeasantwife.com).



## Insider Access to All Things Culinary in the Garden State

The Peasant Wife provides a continual stream of restaurant reviews of the most intriguing places to eat in New Jersey—with profiles of our leading chefs, farmers, brewers, vintners, distillers, bakers, food artisans and entrepreneurs.

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# Charging Into the Future



*Are you ready for your first electric vehicle? Is your home?*

By Sarah Marks

**T**he recent surge in the price of gasoline and the geopolitical mess that caused it has a lot of New Jersey drivers hitting the accelerator on their decision to purchase an electric vehicle (EV). State and federal policymakers have already set the finish line on internal combustion engine (ICE) automobiles at 2050, less than three decades away. For many of us that day can't come soon enough. That

being said, it's not as simple as flipping a switch. To meet this lofty goal, energy producers, automakers and consumers must match technology, political policy and current inventory headwinds with financial incentives and seamless customer satisfaction. It's a tall order.

One of the first questions homeowners (and, for that matter, renters) have when considering an EV purchase is *Can I charge up without leaving my driveway?* It's a



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valid question. At the moment, New Jersey ranks toward the bottom of the “charging stations per resident” chart, although given how road-reliant we are, that is destined to change. If you’re suddenly in EV buying mode, however, promises don’t get you to the nearest charging station.

The average cost of a home charging unit is \$750 before professional installation. You will need to determine the most logical space for the unit, thinking about its distance from the main breaker (usually in the garage) and where the charging port is located on the car. A dedicated 220/240 volt breaker is required, and a professional electrician has to install it. Depending on the work and permits needed, that can run upwards of \$1,000. Utility companies sometimes offer special rates to homes charging vehicles, based on time of day, day of the week and demand. Homes with solar power may

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also benefit from extra discounts. You'll also want to consult your home insurer to see if you need an additional rider or disclosure when adding a charging unit to your home. In addition, it's a good idea to check out the various car forums online for tips and tricks from brand owners on what make and model of charger works best in your area of the country, when to charge and how to track your car's kilowatt usage and regeneration when driving between charges. Most EV owners will tell you, only charge when your battery is close to empty.

For EV drivers living in condominium apartments or multi-family dwellings, the lack of charging capabilities is a concern for public utility companies like PSE&G and JCP&L. The redistribution of power to meet real-time charging demand will likely involve building micro-grids. Micro-grids are smaller networks of solar-powered homes and alternative-energy capture sites, which redistribute excess power into the public-private sector closest to high-demand centers. Garden State property owners may find their rooftops are going to increase in value as solar resale becomes a necessity.

If you are a tenant, installing a charging station can be tricky. While some newer apartment complexes offer this amenity, older buildings likely do not. Obviously, tenants need to discuss installing a new 240 charging unit with their landlords. Some may see it as a way to increase rent, or make their apartments more appealing. However, as a rule, most will want tenants to share some of the cost, or perhaps all of it. You can also charge an EV with a standard 120 outlet, but this can be slow going—an overnight plug-in may only get you an hour's worth of commuting. There's a reason why this is nicknamed "trickle charging." On the plus side, a slow charge is much better for battery life.

Outside of the added expense of installing a charging unit, there are three other major concerns with which newcomers to the EV market must familiarize themselves. Range anxiety is still the number-one

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## Eight Years Out

To reduce greenhouse gas emissions and enhance EV adoption, President Biden has mandated that 50% of all new cars be electric by 2030, only eight years away. Congress, state leaders and Secretary of Transportation Pete Buttigieg have begun negotiating federal allocations, but everyone agrees the infrastructure for the electric highway is critical to the success of this mandate. Along those lines, the Build Back Better bill introduced in 2021 earmarked funds for the addition of 500,000 public charging stations to be in place by 2030. This is a fivefold increase from current levels—good news for a car-heavy state like New Jersey, especially if those stations are allotted based on population density. In addition, the Federal Energy Regulatory Commission and Department of Energy are working with electric, gas, wind, hydrogen and solar providers to develop EV pilot programs using a \$3 billion funding set-aside. Meanwhile, public utility companies in many states are already lobbying legislators and constituents for rate increases to fortify and expand the existing power grid for the increased EV demand. Something else that will have to happen in order to get to 2030 is standardization of the electric battery and type of charger port.



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obstacle to electric vehicle adoption. Currently the choice of EVs features a range of 50 to 400 miles between charges, with prices from \$25,000 to \$200,000. A manufacturer's published range will vary based on driving behavior, outside temperature and vehicle load. Parallel Hybrids run on electric plug-in charging for a limited range and then switch to gas after the charge runs out. The transition is seamless while driving, however automakers are reluctant to keep this EV design because the weight of two drive differentials reduces the capacity for more batteries. Thanks to Tesla, the trend is towards 100% electric long-range batteries. Lithium battery-makers Panasonic and LG are pushing the range, but battery fires remain a concern among many consumers. Lithium-Sodium, Hydrogen and Propane alternatives are still in testing mode.

The second major concern amongst EV shoppers is price. Prices for EV's run the gamut, from a low of \$38,000 for a Hyundai Ioniq to Tesla and Karma, in the \$150,000 range. At the start of 2022, automakers experienced a surge in EV orders thanks to rising gas prices, which only increased after the United State imposed sanctions on Russian energy imports. Unfortunately, the lack of dealership inventory pushed consumers into hybrid purchases, which enjoyed record sales. I say unfortunately because, over time these models are not reducing emissions and will eventually be sidelined along with traditional internal combustion cars.

Among those who *did* find available EV's, many enjoyed very generous trade-in allowances for their older hybrids and ICE vehicles, as the used car market is still booming. And then there are the tax credits and rebates that are still available. In New Jersey, rebates up to \$5,000 are being offered to those who buy or lease a new electric vehicle. There are still federal tax credits of up to \$7,500 being offered for EV purchasers, although it's worth noting that tax credits are not part of the president's infrastructure bill.



Tesla, Inc.

While financial incentives cushion the sticker shock some EV shoppers experience, know also that the revenue lost from gas tax is likely to result in a road usage charge of some kind on EV's. Last year, Utah charged a flat annual fee of \$20.00 for a gas hybrid and \$120.00 for an 100% electric model—or the option of paying 1.52 cents per mile. Consider the cost of such fees along with the energy costs when deciding which model is right for you.

The third concern of EV shoppers, addressed earlier in this story, is when, where and how to charge. Right now, 70% of all charging in America is done at home—overnight or during off-peak hours.

Adding a dedicated charging unit to your home will max the capacity of a 100-mile-plus battery to 100% overnight at a 100 kw/h rate. Household chargers can also be designed to run off rooftop solar when tied to a battery storage system or a dedicated circuit in the breaker panel. Direct Current (DC) units—also called Level 3 chargers—are designed for EV models made on or after 2018. A DC charger can replenish about 240 miles in a long-range, 300-mile electric car in less than half an hour. Tesla has converted most of its charging banks to DC units in the hopes of reducing wait times at their popular hubs along major transit routes, tourist destinations, upscale hotels and casinos.



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Recently added software warns the Tesla owner when the car is fully charged and must be moved quickly. Drivers who leave their vehicle in a charging spot after notification will be charged an additional fee. At the upper end of the market, speed is everything. Leading the charging speed race is Porsche and its Turbo unit, capable of pushing 800 volts at 450 kw/h. The company's \$82,000 Taycan can be recharged to 100% in under 10 minutes. However, the cost of this "super charge" at peak rate can run into the hundreds of dollars.

Right now, residential charge station suppliers include ChargePoint, Blink, ElectrifyAmerica, TESLA, EVGO and VOLTA. The year, make and model of your vehicle, as well as its charging receptacle, contributes to speed of charging and cost per minute, or kilowatt cost. The average cost when charging off-peak at home is .045 per mile when using .15 per kwh as the basis. Tesla

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## Here and Now?

In terms of choice, almost every carmaker now has an EV option. Unfortunately, many send a large percentage of their production 3,000 miles west of here first. California has more registered EV owners than any other state, at 3%, and its Zero Emissions Vehicle/Low Emissions Vehicle (ZEVLEV) rules are the ones every other state is following.



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Upper Case Editorial

and Lucid vehicles are the least expensive models to charge.

When charging away from home, the costs can vary widely. Electric owners use a subscription card or app on their phone to utilize most stations, however there are no regulations on what a station provider can charge, by time, kilowatt hour or both. Some hotels, casinos and retailers have provided the space and power as a customer service, but don't bet on free charging forever. Only VOLTA does not require a subscription or charge for the power, covering their costs through sponsorship advertising placed on the station.

What's down the road for new EV owners? Automakers across the globe are revamping their supply-chain sources for EV batteries by partnering or purchasing manufacturing capability. Even so, Joan Michelson (*right*) points out, "deciding which EV to buy is going to be complicated."



Joan Michelson

Michelson, the former head of Communications and co-head of sales and marketing at Chrysler's Global Electric Motorcars, says buyers should be prepared to consider all kinds of variables: "Your lifestyle, your transportation needs, whether you have access to charging—I *don't*, in a condo building, for example—where you drive regularly, whether it's your only car or a second car, as well as overall cost of ownership." She has watched the evolution of electric vehicles for two decades and speaks to all things electric in her *Electric Ladies* podcast.

Just back from the 26th UN Climate Change Conference in Glasgow, Scotland, Michelson offers some innovative ideas on the future of EV ownership and the new automakers behind them. "As the issues of lithium battery warranty, repair, disposal and sustainability become greater, there could be an

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## Swap Shop

Europe, China and Israel are far ahead of the United States on EV advances, particularly on battery swapping. Using a tray of small rechargeable batteries on the chassis floor, a driver pulls into a single stall designed to pull out the dead batteries and replace them with fully charged units. The driver pulls away in under 15 minutes. The empty batteries are efficiently slow-charged for the next car. Think propane kiosks at your favorite convenience store. AMPLE, a U.S. start-up, is testing the battery-swapping business model here with fleets of Nissan Leaf models engineered for their patented technology. The Biden administration is not currently addressing this concept, which would require automakers to get onboard with one standard battery.



Ample Electronics

OEM (Original Equipment Manufacturer) option for an EV lease subscription plan that balances the higher cost of an EV with the concern surrounding technology changes. Tax credits from the federal and state governments will also help consumers and manufacturers ease into the investment of an EV."

Another appealing aspect of switching to an electric vehicle is the "dealer disruption" ushered in by Tesla. EV makers you'd never heard of a couple of years ago are bringing new technology and unique styling to the market—without dealership sales tactics or service centers. Rivian, Lucid and Lordstown Motors have made news with long-range trucks and luxury cars, and are now taking orders for delivery in 2022–2023.

Michelson is especially interested in what's happening at Piech Automotive—founded by Porsche family heir Anton Piech—which is creating a unique car company that has broken with traditional manufacturing theory. Peter Thiel, the founder of PayPal, is an investor and



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Audi

several “A-list car guys” from Porsche/VW Group, BMW, and TESLA have joined the company. Piech is offering short-term leasing of EVs; it will be interesting to see if this leads people to buy more EVs as a result of driving them for a few months—as well as the impact on dealerships, since they are leasing directly to consumers and not going through dealerships.

The Piech brand is built on the concept of modular vehicle components, long-range batteries and ultra-fast charging. Their sedan, SUV and sportscar designs use mix-and-match compatibility for plug-in, traditional ICE and hydrogen batteries capable of 80% charge in under five minutes—with simpler parts and software upgrades.

Taking a cue from Tesla, Ford, Toyota and other brands are testing the direct-to-consumer order process, eliminating the dealer haggling in order to compete with online showrooms and vendors such as Carvana and Vroom. Manufacturers are actually urging their dealer networks to revamp the old-time sales/service model to embrace EV charging as a revenue stream. AUDI is

all-in on this idea, having built its first Charging Lounge back in December as a hub for business and social meet-ups in a café-type environment while your car is charging.

It’s in Germany, so don’t get excited yet. However, whether you are a current owner or still just window-shopping, you *can* get excited about the myriad ways that traditional automotive brands and dealerships will define themselves as part of the EV revolution. **EDGE**

**Editor’s Note:** Sarah Marks is a car concierge and automotive consumer advocate for all things car-related. Sarah lives in Henderson, Nevada with her husband, Norman. You can ask her car questions at her website: [www.mycarlady.com](http://www.mycarlady.com).



# EDGE PEOPLE



## 42 YEARS OF DOUG

Doug Harris, MS, Vice President of Marketing & Public Relations and co-publisher of EDGE magazine, retired on Jan. 31 after 42 years of service to Trinitas. Elizabeth Mayor Christian Bollwage issued a proclamation for Doug from the City of Elizabeth and attended his farewell lunch to present the award in person and wish him well. Also an Eagle Scout and long-standing member of the Boy Scouts Council of America, Doug was awarded the ultimate Eagle Scout honor. Doug will remain a consultant for the next two years, a friend to us all, and a Trinitasian until the end.



## PRESIDENTIAL POWER

Congratulations to Gary S. Horan, who was named a NJBIZ Winner's Circle honoree for his previous placements in the magazine as a Power 50 Healthcare winner. Gary was also named one of ROI's Influencers Power List of 2022–Top 50. He was interviewed by Lisa Marie Falbo on *Your New Jersey* on WJLP, about Trinitas' integration into the RWJBarnabas Health system in January.



## DAISY AWARD

ICU Nurse Maria Alarcon, BSN, RN recently won the DAISY award given internationally to nurses who embody extraordinary compassionate care. Maria's excellent clinical skills and knowledge coupled with her warm personality exemplify all the attributes of a DAISY nurse. The Daisy Foundation (an acronym for Diseases Attacking the Immune System), was formed in November 1999 by the family of J. Patrick Barnes, who died at age 33 of complications of Idiopathic Thrombocytopenic Purpura (ITP). The nursing care Patrick received when hospitalized profoundly touched his family and moved them to create this foundation to honor nurses in every capacity.

# Big Screen

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When producers decide to “Go Big” with a movie title, it’s not always a good idea. It sets the bar high and, should it come up even a little bit short, invites the wrath of audiences and critics. Which is why these films stand out—and stand up—as the 15 “Biggest” in Hollywood history.



## **The Big Broadcast of 1938 • 1938**

The last in a series of radio-themed movie musicals released during the Depression, this one was undeniably the best. It starred scene-stealers W.C. Fields, Bob Hope and Martha Raye, as well as sultry Dorothy Lamour—and won an Oscar for what would become Hope’s signature song, “Thanks for the Memory.”



## **The Big Sleep • 1946**

Power couple Humphrey Bogart and Lauren Bacall star in a film noir classic directed by Howard Hawks. Bogie plays detective Philip Marlowe in a screenplay co-written by William Faulkner.



## **The Big Sky • 1952**

Kirk Douglas chews up a little frontier scenery in an entertaining tale of American pioneers directed by Howard Hawks. Iconic character actor Arthur Hunnicutt earned a Best Supporting Academy Award nomination for his performance.





## The Big Country • 1958

A superstar cast carries this sprawling Technicolor western directed by William Wyler, which earned Burl Ives a Supporting Actor Oscar. Although it had its clunky moments, *The Big Country* was a major box office smash and a personal favorite of President Dwight Eisenhower, who screened it four times in the White House.



## A Big Hand for the Little Lady • 1966

Mary (Joanne Woodward) plays out a \$20,000 hand in a high-stakes Wild West poker game after her husband (Henry Fonda) keels over before making his final bet. But she's no "little lady" and nothing is quite what it seems.



## Little Big Man • 1970

Dustin Hoffman stars in a revisionist western that explores the relationship between white settlers and Native Americans. Director Arthur Penn (Sean's dad) uses a mix of humor and violence to tell the remarkable life story of a boy raised by the Cheyenne after his pioneer family is massacred.



## The Big Red One • 1980

Lee Marvin plays a hard-boiled infantry squad leader trying to keep his young charges alive as they make their way from Africa to Italy and ultimately to German concentration camps during World War II. A longer second version, which included scenes cut from the original, was released in 2004.



## The Big Chill • 1983

College pals reunite 15 years later at the funeral of a friend to wallow in 30-something Baby Boomer ennui. A killer soundtrack and cast of brilliant actors—including Glenn Close, Kevin Kline, Jeff Goldblum and William Hurt—helped the movie win a Best Picture nomination.



## Big • 1988

A charming, imaginative film that established Tom Hanks as a boffo box office superstar. Hanks received a Best Actor nomination and writer Anne Spielberg (Steven's sister) also got an Oscar nod. Co-stars Elizabeth Perkins and John Heard both talk about the making of *Big* in their EDGE interviews.



## The Big Night • 1996

Stanley Tucci and Tony Shaloub play restaurateur brothers on the Jersey Shore preparing for a visit from iconic singer Louis Prima. An all-star cast includes Minnie Driver, Ian Holm, Allison Janney, Liev Schreiber, Marc Anthony, Campbell Scott and Isabella Rossellini.

## BIG BREAKTHROUGH

### School for Jive • 1943

Donald O'Connor was a teenaged song-and-dance man under contract to Universal Pictures when he was cast in a throwaway B movie entitled *School for Jive*. It was the seventh flick O'Connor had made for the studio and, recognizing his soaring popularity, Universal decided to spend an additional \$50,000 to make it a Grade A musical—which was retitled *Mister Big*. It was the turning point in a musical-comedy career that would span five more decades and include iconic performances in *Singin' In the Rain* and the *Francis* series that saw O'Connor co-star with a talking mule. Shortly after *Mister Big* hit theaters, O'Connor turned 18 and was drafted into the military. He served two years overseas as part of the Special Services branch of the army during World War II.



### The Big Lebowski • 1998

Joel and Ethan Coen rolled a near-perfect game in this hilarious tale of slacker-philosopher Jeff “The Dude” Lebowski (Jeff Bridges) and his over-the-top misfit buddies (John Goodman and Steve Buscemi). The Dude was actually based on a film distributor the Coen brothers met while marketing their first hit, *Blood Simple*.



### My Big Fat Greek Wedding • 2002

Nia Vardalos and John Corbett co-star in a sweet little film that blew the doors off the box office and became the highest-grossing rom-com of all time. It's a clash of cultures mixed with a makeover story that producer Tom Hanks discovered when it was a one-woman play in Los Angeles.



### Big Fish • 2003

Tim Burton fans adore this weird and quirky fantasy-comedy-drama starring Ewen McGregor and Albert Finney as a father and son who reconcile their relationship. It's a love letter to Southern Gothic culture and the American storytelling tradition.



### Big Eyes • 2014

Tim Burton's other “big” movie co-stars Amy Adams and Christoph Waltz in the story of the couple behind the haunting art that was popular for a time in the 1950s and 1960s. Adams won a Golden Globe for Best Actress for her performance.



### The Big Sick • 2017

Kumail Nanjiani and Zoe Kazan star in a super-sweet romantic comedy that unfolds against the dual backdrop of a life-threatening illness and the challenges of inter-ethnic relationships. Judd Apatow produced the film, which was co-written by Nanjiani and his wife, Emily Gordon, who was placed into a medically induced coma shortly after they began dating.

**Photo Credits:** *The Big Broadcast of 1938* • Paramount Pictures | *The Big Sleep* • Warner Bros. | *The Big Sky* • RKO Radio Pictures | *The Big Country* • United Artists | *A Big Hand for the Little Lady* • Warner Bros. | *Little Big Man* • National General Pictures | *The Big Red One* • United Artists | *The Big Chill* • Columbia Pictures | *Big* • 20th Century Fox | *The Big Night* • Samuel Goldwyn Co. | *Mister Big* • Universal Pictures | *The Big Lebowski* • Gramercy Pictures | *My Big Fat Greek Wedding* • IFC Films | *Big Fish* • Columbia Pictures | *Big Eyes* • Tim Burton Productions



# EDGE

## interview

### Michael Chiklis



One of the profound challenges for an actor is portraying the humanity of a character in subtle and unexpected ways. **Michael Chiklis** can do it in his sleep. He made us root for the bad cop on the riveting and often unnerving FX series *The Shield* and made our hearts ache under fifty pounds of orange rock makeup in *Fantastic Four*. This year basketball aficionados are loving him as NBA legend Red Auerbach in HBO's *Winning Time* and he just finished filming *The Senior*, the true story of a 50-something college football player. **Gerry Strauss** wanted to get a feel for how Michael manages to inhabit the myriad characters he has played. Leveraging his own life experience and passion, it turns out, is what makes them leap off the page and onto the screen.

**EDGE:** What is your process for playing a real person like Red Auerbach?

**MC:** I basically research them and get a sense of the kind of person that they were from their own

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words, as well as from others. And then I try to pay deferential homage to them. But I try to keep it real, obviously. To play someone like the late great Red Auerbach is a joy, especially with someone with the pedigree of [executive producer] Adam McKay. My first episode was directed by Jonah Hill and all of my scenes were with John C. Reilly [as Lakers owner Jerry Buss]. We had a great time working together.

**EDGE:** You grew up a Celtics fan.

**MC:** Yes, and I wish my dad was still around, because he was such a huge fan and he loved Red Auerbach. I don't know how a lot of the things that Red did back then would play in today's world. I mean, can you imagine a guy on the sidelines lighting up a stogie because he feels like the game is over? He was known for his gamesmanship—it wasn't beneath him to turn the heat up in the guest locker room to 95 degrees and shut the windows. He wasn't a cheater, but he would definitely push some boundaries, for sure. But I'll tell you what, when you read books that he's co-authored or you read books by people like Bill Russell, the way that guys speak about him, his players loved him so much. When you play for someone for years and all you have to say is how much you adore him, there's something to that, it speaks to a person. Red knew how to manage people. He understood what people needed and treated them with respect. He didn't just tell them, "I'm the boss, and this is the way it's going to go." My understanding of Red is that if you played with him, he loved you and listened to you and collaborated with you. He was very inclusive, progressive and forward-thinking, especially in the city of Boston. That's why his name is etched in the parquet floor. I've had an opportunity to play some really iconic, real-life people through the course of my career, and I approach them all in the same way with tremendous respect—with no ax to grind and no agenda in terms of the way I want to portray them.

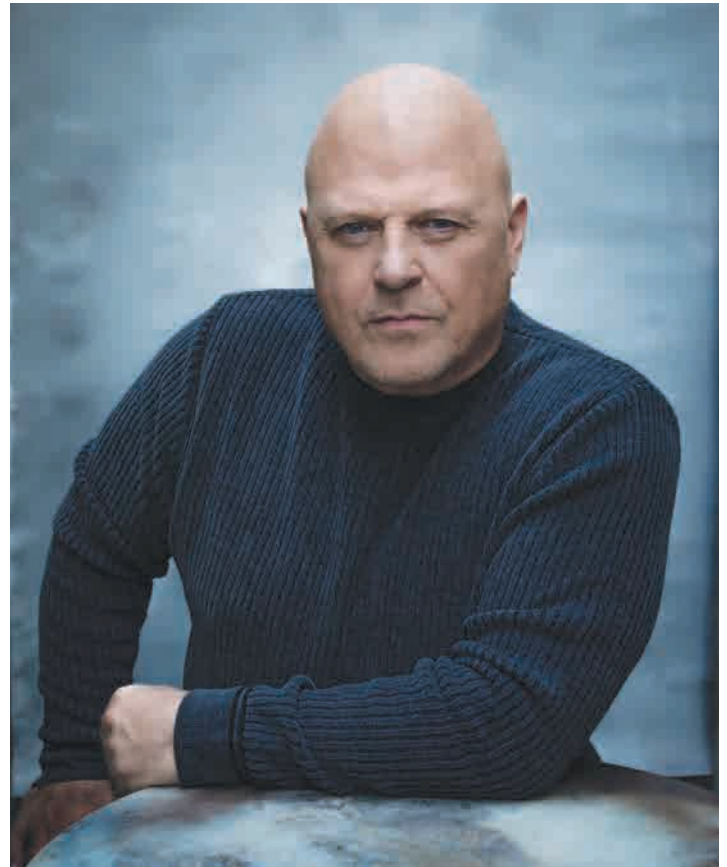
**EDGE:** Talk about your role in *The Senior*.



**MC:** I play another real-life guy who was the oldest player in the history of college football. Mike Flynt, at 59 years old, tried out for and made his old college football team. He had been thrown out of school his senior year for fighting with another player and he always regretted it. It's a redemption tale, an underdog tale, and it's a really wonderful story and a great script.

**EDGE:** Your first big role was playing John Belushi in *Wired*, the film version of Bob Woodward's book. Not many people outside Hollywood know this story.

**MC:** It was heavy, heavy stuff for a 24-year-old. I was a well-trained, raw visceral actor. But this was my first on-camera job. Most people I know in this business, they put their toe in the water, they get their feet wet, they're an extra on something, they get to see how things work. My *very first job* was playing an icon in an incredibly controversial mess of a film. I didn't know what a "mark" was! Someone said, "Hey, Michael,



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snuggle up on your mark.” I’m like, “What’s a mark?” I had no clue, from a technical standpoint, what I was doing. When I played Belushi, people said at the time, “Oh, you were so brave for doing that.” I wasn’t brave. I was *ignorant*. I didn’t know. And the honest answer is, I don’t know if I would’ve done it if I knew it was going to be so controversial—and especially if I knew that the family was against it. On one side of it was Ed Feldman, an Academy Award-winning producer, and Bob Woodward, the guy who took down Nixon. On the other side of it was Mike Ovitz and Dan Aykroyd and all of the *Saturday Night Live* folks and the powerhouses of Hollywood. And I had no idea, I was really ignorant. I just thought, *Wow, I get to play John Belushi*. After *Wired*, I was being told that I would never work again. To think that [my career] was over for me before it started—that was a scary time. But I have no regrets. I’m glad that I did it because it started my life in film and television, and I learned a lot. I learned a lot about myself.

**EDGE:** How did that experience change your perspective?

**MC:** When you go through adversity of that kind early in your life, it gives you an acute appreciation of simple things—your health, the people around you and, of course, your work, how thrilling and awesome it is. I thought, *I have no power, there’s nothing I can do about this. All I can do is do the best work that I can do in whatever situation I can find myself in, and hope that the work speaks, and that I can come up that way*. That’s the only thing I knew. I didn’t have any recourse at the time. It certainly wasn’t like now, where the world is so full of grievance. So I just did whatever I could to keep going forward. And I’m still here, and I’m still working and doing really cool projects.

**EDGE:** When did you first become interested in acting?

**MC:** My parents tell me that when I was around five, I announced to them that I was going to be an actor and they thought, *Next week you’ll be a baseball player, or a fireman, or whatever*. But I was an oddly focused

young person. I always knew that I was going to do it, and I never changed my mind. I had this sort of myopic view of acting. I knew that’s what I wanted to do, and I don’t know why. As a 58-year-old man, I look at that and I shake my head, and I’m like, *How?* Some people still struggle with what they’re going to be when they grow up and they’re in their forties. I feel very fortunate that I always had that personal awareness that I wanted to do this for my life.

**EDGE:** Did you have any early influences?

**MC:** There were a couple of things that flipped switches for me. One was a television show with Frank Gorshin and Rich Little called *The Kopykats* that was on when I was about five or six years old. I used to do a ton of different voices and I would do *them* doing other people—like Frank Gorshin doing Rodney Dangerfield. I would stand in front of my big, fat Greek family, and I would go, “Hey, I’ve seen better faces on an iodine bottle.” I’d get a big laugh and that dopamine high from it. So, that was sort of affirming. When I got older I watched movies like *On the Waterfront* and *A Streetcar Named Desire*—two films that Marlon Brando starred in. They had a profound effect on me. I remember watching those films in the dark and going, *I know this is what I’m going to do. I know I have to do this*.

**EDGE:** Who else moved your career along?

**MC:** This gentleman named Mark Kaufman became sort of an early theatrical mentor of mine. I had an incredible opportunity to help him open the Merrimack Repertory Theater, a regional theater in Lowell, Massachusetts, the town I was born in. I had sort of a backstage pass to watching that whole process happening, to be there every step of the way. It further affirmed to me, yeah, this is my life, this is what I want to be doing. Also, I was taught very early on that people who have longevity in their career are people who have a root or a foundation in classical training. That’s why I went to Boston University. It offered a classical conservatory setting, and I studied the craft in earnest.



## Grimm and Bear It

Among the many iconic roles Michael Chiklis has played is Ben Grimm in the 2005 Marvel Universe blockbuster *Fantastic Four* and the 2007 sequel *Fantastic Four: Rise of the Silver Surfer*.

Considering that I was so completely covered in latex rubber, I really am super proud of what I was able to impart emotionally through all of that. It was an incredible challenge, that situation. I've only seen the movie a couple of times, those two movies, but the times I have seen them, I'm like, *That works!* I'm happy that a lot of people are still enjoying those films. That was a movie that I brought my young children to and they loved it. I could sit there like a young person and watch it through their eyes and enjoyed that. It's that kind of movie.



Upper Case Editorial

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**EDGE:** How did you envision your acting future as a young man?

**MC:** I thought my path would be off-Broadway, Broadway, and then to the silver screen from there. That

was what I had in my head, but the best laid plans, right? At 21, I moved to Brooklyn after graduation and hit the pavement. I took jobs bartending and waiting tables, and then started doing off-Broadway and off-off-Broadway. Those were fun times, very Dickensian times—the best of times and the worst of times—because it was extremely exciting to be in Manhattan pursuing what I always wanted to pursue. But it could be frustrating and terrifying, fraught with all different kinds of problems and issues. But it was amazing too, it was exciting. I was there for three years when I finally got what I have to consider to be my big break in *Wired*. I mean, there's nothing normal about the progression of my life or career as an actor. It's very, very different.

**EDGE:** The role with which you're most frequently associated is Detective Vic Mackey, the lead character on *The Shield*, which ran for seven seasons. Mackey

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and Tony Soprano and later Walter White were pioneers of the television antihero in the early 2000s. What went into making *The Shield* so good?

**MC:** A couple of things. To me, everything starts on the page. In the case of *The Shield*, you started with the pertinent thematic question: *What are we willing to accept in post-9/11 America from law enforcement to keep us safe?* There were other sub-themes, but that was the thematic question posed by the entire series. That's why it holds up today; it's an incredibly relevant question to this moment. Having said that, you need very, very thoughtful writers—writers who aren't heavy-handed and just want to proselytize and beat the audience over the head with something—people who actually want to ask questions from every corner. That's the basis for a great film or television show. *Then* you have to cast it correctly. When you think about it, it really is an incredible confluence of things to come together for any film and television show to be good, because it's such a team sport, right? So many things have to go right. And literally, one thing can go wrong and derail the whole project. We did seven years on a show where I think, as a collective, we all looked at each other and knew that we were doing something special and sort of remarkable, and no one wanted to drop the ball. Everyone wanted to carry their own water, if you will. So, I just think that it's a miracle of cooperation, it's a little bit of luck, and it's a lot of thoughtfulness and restraint.

**EDGE:** How difficult is it to assemble a cast like the one in *The Shield*?

**MC:** Artists notoriously have egos, right? We all have our egos. But I think if your egos are healthy, you keep them in check. You know when it's time for you to add your pinch of salt, and you know when not to be another cook in the kitchen, to let other people do what they do well. If you look at any great series, you'll hear everyone involved say how collaborative people were, how exciting it was to get up in the morning and go to



Photo by Karen Ray courtesy of Alzheimer's Association/ALZ magazine

work every day, how the collaboration was rare and distinct in their career. We've all done shows that we wish weren't on our résumés, and that's part of it—that's how you learn what you *don't* want to do, how *not* to collaborate, and how things *aren't* supposed to go. I've been very fortunate...I've been in a number of really, really good collaborations. I noticed that you guys did a cover interview with Jason Alexander, who I recently saw on *The Marvelous Mrs. Maisel*. That's an incredible production, incredibly well made, beautifully shot, great cinematography, crisp writing, amazing acting, pacing—that's a lot of hands, that's a lot of people. And it's thrilling when you see something come together that way. It's thrilling to be a part of something like that.

**EDGE:** Michael, what keeps you centered at this point in your life and career? I see you're producing and directing, recording music, getting involved in Alzheimer's advocacy and even dabbling in martial arts.

**MC:** All of the above. Peaceful, joyful and centered. Variety is the spice of life, and these things keep me

“*The one thing I’m terrified of is complacency. I’ve always felt that, the moment you start to believe in your own hype...the bell has tolled for you.*”

interested and connected to my artistry. I think I’ll never read all the books I want to read; I’m humbled at all that I don’t know—and that I’ll never be able to imbibe. I’m a bit of a seeker in that way. I want to learn as much as I can. The one thing I’m terrified of is complacency. I’ve always felt that, the moment you start to believe in your own hype and think that you’ve got it all figured out, is when the bell has tolled for you. I feel like life is short enough that you can continue learning until your last day. And that’s what I intend to do. I want to try to get better with everything that I do. I’m a drummer, right? When I’m playing drums with friends and singing, it’s pure joy. I don’t go out of my way to promote my music, but I put it out there a little bit so people can find it, but I don’t pursue it in that way. The things that are important to me are very, very simple: my family, my friends, my work, the world, people, I love to travel, I love to read, I love to listen to music of all kinds, every kind. I have the most eclectic music collection of anyone I know. I’ll listen to Rachmaninoff, and then The Tubes, you know what I mean? And everything in between. I guess this is part of my Greekness.

**EDGE:** How so?

**MC:** I grew up around a bunch of philosophers. My father is a very philosophical person. And in New England you have the winters and there’s six months at a time where we spent a tremendous amount of time inside talking and arguing and debating and philosophizing. I’m concerned for the world right now because people are increasingly afraid to speak their mind and say what their opinions are, for fear of repercussion. If not for all the debates I had with my friends and my family over the course of years, I wouldn’t have learned so much of what I know. So,

I really am a big believer in conversation. I love talking to people, to my children. My oldest daughter is really coming into her own as a writer. She’s a woman of letters, and she’s very bright. My youngest is just going to—I don’t even know—I’m scared of her. She’s so incredible. They’re both incredibly bright. I know I sound like a very, very proud father—which I am—but they merit it, and I’m brutally honest. Fortunately, my oldest lives a mile down the street and my youngest, who recently graduated from college last spring, moved back in, and she’s here temporarily and working hard, and socking money away, trying to set herself up. It’s wonderful that my kids are close. The other thing is, my family loves to cook. The table is a big part of our lives. So we cook together and we sit at the table, and then it gets loud. We’re talking about this thing and that thing, and running things by each other constantly, and it’s impossible to get bored.

**EDGE:** As you look back at the arc of your career, what thoughts do you feel you can share with actors who are just starting out in the business?

**MC:** No two people have the same life path, right? So it’s impossible to give someone real advice about how to become a successful actor. There are things I can tell you that I think will help and work for you, and be there for you through the ups and downs. But no two paths are the same. I say this to people all the time that aspire to film and television careers. Actors may have crossover in their careers, but no two actors have the same *trajectory*. We have crossover in terms of places that we may have worked, or things that we’ve gone through along the way, but I’ve never met two actors with the same trajectory. **EDGE**



# EDGE PEOPLE

## BLOOD DONORS UNITE

Trinitas Regional Medical Center held two blood drives in March as an answer to the critical need for donations across the state. Blood supply is dangerously low and area residents are urged to donate blood to help overcome a national blood shortage. Blood collection in New Jersey is down more than 25 percent since late summer, compounding the effect that COVID-19 lockdowns in reducing donations in 2020. Life-saving blood donations are given to patients in a wide range of circumstances including cancer care, trauma events such as car accidents and home accidents, childbirth and mass casualty events.

"Blood supplies in New Jersey have yet to catch up since the height of the pandemic and dipped to dangerously low levels this winter," said Sally Wells, Robert Wood Johnson University Hospital (RWJUH) Blood Services Business Development Liaison. "There are fewer blood drives being organized at workplaces, schools, houses of worship and community organizations. Our hospitals rely



on the support of individuals to provide much of the blood we use, and we need our community's help now to address this blood shortage and prevent potential delays in lifesaving medical care for patients in Elizabeth and Union County, as well as in communities across the state."

All donors received a Dunkin Donuts gift card for their generosity.

## DIETITIAN PROCLAMATION

Elizabeth Mayor J. Christian Bollwage made a proclamation for Registered Dietitian Day at Trinitas Regional Medical Center for Michelle Ali, Director of Food & Nutrition Services, and her team of

RDs (both employees and students) on March 9. The team is pictured with Nancy DiLiegro, VP, Clinical Operations and Physician Services/Chief Clinical Officer.





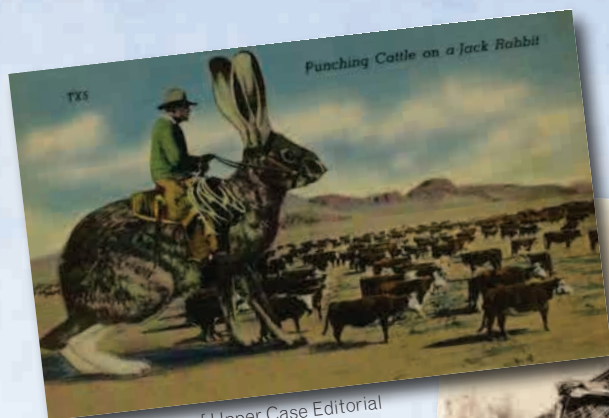
# Net Results

## What's the big idea?

Back when tweets and texts were scrawled on the back of a penny postcard, "exaggerated" images featuring eye-popping graphics were all the rage. Our treasure hunt on the 'net found these for sale with a price tag of \$5 or less.







Photos courtesy of Upper Case Editorial





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# Bumpy Road

*An uptick in HS cases has the Trinitas Wound Center on alert.*

By Mark Stewart

**H**ealthcare consumers are always encouraged to seek second opinions if they have doubts or questions about a diagnosis or course of treatment. But we don't always do that, do we? Especially not for the "small stuff"—for instance, conditions or maladies that don't seem like a big deal

at first. Unfortunately, small stuff can *become* a big deal, leaving us embarrassed and confused about whom to trust and where to find someone who'll get it right. The Trinitas Center for Wound Healing and Hyperbaric Medicine sees more than its fair share of cases like this. The combination of a missed diagnosis and/or a patient's

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frustration/fear/procrastination can result in the kinds of tough cases that Dr. Michael Zaboski, Medical Director of the Wound Center, encounters almost every day.

Recently, Dr. Zaboski noticed an uptick in the number of patients presenting with advanced cases of Hydradenitis Suppurativa—HS, for short—and it has him puzzled and concerned. “We had four active cases here in February, and each individually had been chronically ill for years,” he says. “That may not seem like a lot, but in my entire career here I’ve seen maybe 15 or 20.”

HS is a painful and unsightly skin condition for which there is currently no cure. However, it is treatable and manageable when caught early. The problem is that some doctors, including experienced dermatologists, do not recognize HS in its early stages, leading to misdiagnosis.

HS outbreaks occur when the tiny sebaceous gland, which opens into a hair follicle and secretes “lubricant” for the hair and skin, does not produce properly and becomes blocked, creating a small, painful bump. These bumps occur in clusters near apocrine (sweat) glands, most commonly in the underarm and groin areas—including the gluteal, perineal and sacral regions—under the breasts and occasionally on the neck. HS may look like a bad case of acne at first, but despite the fact that it frequently starts in a person’s late teens or early 20s, it’s not acne at all.

“Hydradenitis Suppurativa ranges from a field of dark red boils or painful bumps in the underarm or private areas—which *can* be mistaken for acne—to more severe bumps that form sinuses that connect and spread, almost like a prairie dog field,” Dr. Zaboski explains, noting that these correspond to Class 1 and 2 on the Hurley scale—a severity assessment tool developed by dermatologist H.J. Hurley in the 1980s. “Class 3 is when these sinuses become confluent with large bags of pus and open sores and lesions. For the majority of HS patients, the condition is painful and



hygienically difficult. It's embarrassing and disfiguring."

Most cases of HS are caught early and treated. However, when the Wound Center sees HS patients, they tend to be undiagnosed—or have not responded to dermatological treatment. Others come to the Emergency Department with an abscess, having no idea what the cause is.

"These cases can be extraordinarily advanced," says Dr. Zaboski. "I have treated two young men, both in their 20s, who have no job and didn't go to college, and blamed it on the disease. They were basically unable to function. It was too painful to walk and too painful to sit. Another man came to us with a quarter of his body area covered with lesions and had almost no normal skin from his waist all the way down his thighs. He'd had this for five years."



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HS is associated with several comorbidities, including obesity, diabetes, high cholesterol and hypertension (and often a combination of two or more). As diabetes and obesity increase in the population, so too will HS.

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Hidradenitis Awareness

There also appears to be a strong family component. Not surprisingly, depression, is common with this disorder.

Although there is no cure for HS, many patients respond well to Metformin, a drug that controls blood sugar. In the past, many HS patients had their boil-like bumps lanced, but incision and drainage simply

prolonged the disease and also caused scarring. Steroid injections into the lesions can quiet the disease until other medicines kick in. Treatment is a long-term proposition, which typically involves anti-inflammatories and antibiotics until there is improvement. The goal is to stabilize patients medically and, if they haven't improved, refer them for a surgical procedure, which goes under the skin to remove glandular tissue. This can get very complicated and may involve skin grafts and plastic surgery.

"The earlier we treat it, the better," says Dr. Zaboski. "Also, a recent study suggests that large-scale weight loss may lead to a cure, so bariatric surgery may be an option. And HS can go into remission. Even in those instances, however, it requires chronic maintenance to prevent it from flaring up and getting worse." **EDGE**

## See Life's Big Moments **Clearly.**

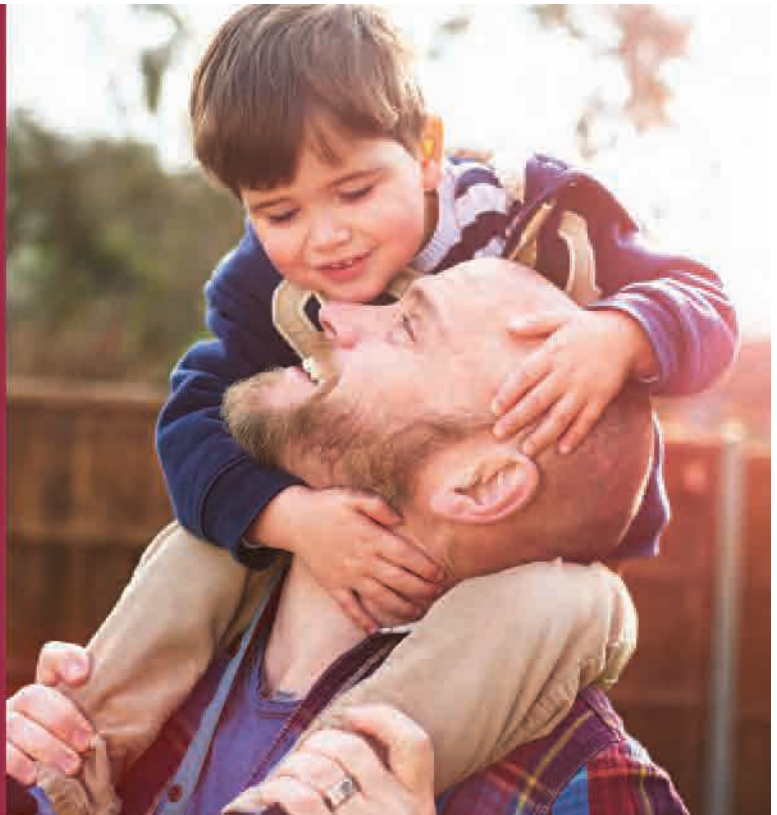
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# Buzzing Under the Radar



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*In this year of vaccine hyper-awareness, the first-ever vaccine against the deadliest of all human parasites has gone almost unnoticed.*

By Mark Stewart

Over the past year, chances are that you have heard more facts and figures about vaccines than in all of the other years of your lifetime combined. Yet while we have all become intimately familiar with the COVID-19 vaccine, there is another vaccine on the market,

which—in any other year—would have been the real headline-maker. Last year, the World Health Organization (WHO) announced that it had approved use of the first-ever vaccine that is effective against malaria, a mosquito-borne disease that can kill within 24 hours of its flu-like symptoms appearing.



"Malaria vaccines have been in development since the 1960s," says Dr. William E. Farrer, Chief of Infectious Diseases at Trinitas (*left*). "On October 6, WHO released a recommendation for widespread use of the RTS,S/AS01 malaria vaccine among children living in sub-Saharan Africa and other regions with moderate to high *P. falciparum* malaria transmission."

*Plasmodium falciparum* is the parasite that transmits falciparum malaria, the deadliest form of the disease, which accounts for roughly 50% of cases worldwide and virtually all malarial deaths. For the record, that makes *P. falciparum* the deadliest of all human parasites.

"The vaccine requires three primary shots and a booster," Dr. Farrer explains. "In large trials, it decreased clinical and severe malaria by about 30%. This is only moderate efficacy, but represents a historic step forward in controlling malaria and could prevent many cases of this dread disease and many deaths."

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## Once Bitten

Malaria is carried by the female *Anopheles* mosquito, which inhabits tropical and subtropical areas of the world. The malaria parasite is introduced to the bloodstream through the saliva of the insect when it bites. Symptoms usually manifest around two weeks after being bitten by an infected mosquito. Malaria in the United States is relatively rare, and virtually unknown in deserts and mountainous regions.



Dr. Tedros Adhanom Ghebreyesus, WHO Director General, also described it as a historic moment, predicting it would prevent thousands of deaths a year. Currently, malaria is estimated to kill more than a quarter-million young people annually and over 400,000 in all (estimates fluctuate wildly depending on the source, but the numbers are undeniably huge). Even when it does not kill, malaria can return to sicken the same person several times over the course of a lifetime, or even in the same year—devastating the immune system over time, which makes it vulnerable to other diseases.

The new vaccine, which has been recommended for children five years old and younger, marks a significant step in an effort to conquer malaria that has seen worldwide deaths drop by 60% in the last two decades, and the number of cases cut nearly in half. Unfortunately, progress reached a kind of plateau around 2015 and the numbers have remained more or less constant since then. The recent breakthrough, which activates the immune system to battle the

malaria pathogen, owes much to the work done in speeding COVID vaccines to market.

That being said, malaria is not caused by a virus, like COVID, nor by bacteria. Malaria is spread through a parasite which has over 5,000 genes, as opposed to SARS-CoV-2, which has only 11. That is a major reason why malaria has been so good at befuddling vaccine researchers. Indeed, the new RTS,S vaccine will still need to be combined with conventional malaria-prevention strategies—insecticides, netting and artemisinin-based drug therapies—in order to be fully effective. Artemisinin, discovered in 1972, is extracted from sweet wormwood, a plant used in traditional Chinese medicine; it earned the woman who discovered the breakthrough medicine, Tu Youyou, a Nobel Prize.

The maddening aspect of fighting malaria is that a vaccine series must target the parasite at all of the different stages of its life cycle. The idea is to “get it” at one stage if it “misses it” at another, with the goal being to kill the parasite before it infects the liver.

## The High Cost of Malaria

The annual impact of malaria on the global economy is in the tens of billions of dollars. In Africa alone it has been estimated between \$10 and \$15 billion a year. The toll taken by the disease has also had geopolitical implications. The first country that attempted to build the Panama Canal was France, in the 1880s. The French had constructed the Suez Canal in Egypt in the 1860s, connecting the Red Sea with the Mediterranean. More than 20,000 French laborers died in Panama in large part because science had not yet made the connection between mosquitoes and malaria. The project went bankrupt after squandering \$287 million (about \$10 billion in today's dollars) and 800,000 investors lost all of their money—a huge setback for the nation's economy. When the United States took over the project, it did so with a better understanding of how mosquitoes served as the primary vector for the disease—thanks to Dr. Walter



Reed, who proved the mosquito theory, and Dr. William Gorgas who launched an epic eradication campaign that involved a 4,000-man “Mosquito Brigade.” America's construction and control of the canal helped it become a world power.





## Impact on the Home Front

Does the malaria vaccine have any relevance here in New Jersey? Absolutely. More than 2,000 malaria cases are reported in the United States each year, the vast majority coming from Americans vacationing in tropical countries or returning to their countries of origin to visit friends and family. Malaria can be transmitted to a fetus by its mother when bitten by a mosquito carrying the disease, resulting in low birth weight or premature delivery, as well as other more serious (and potentially deadly) health problems to a newborn.

The number of reported cases in Western Hemisphere nations with strong ties to the Garden State—including Mexico, Brazil, Colombia, the Dominican Republic, Nicaragua and Haiti—top 5 million annually. That pales in comparison to India, which recently topped 100 million cases. Vietnam and Indonesia may have more than an estimated half-billion cases in a typical year.

Humans and mosquitoes both thrive near water, and thus have lived together for countless thousands of years—so long, in fact, that this relationship has “imprinted” itself on our genome. The origin of sickle cell anemia, for instance, is a genetic variation that very likely began as a result of malaria. Most people develop antibodies against malaria by the time they reach adulthood, but it takes a grim toll on children, particularly in Africa, where more than 90% of the world’s cases are recorded. The new vaccine completed its first trial run from 2019 to 2021 in Ghana, Kenya and Malawi. It proved particularly effective against *Plasmodium falciparum*—as mentioned earlier, the deadliest malaria parasite (there are five in all).

Perhaps because humans and mosquitoes share an evolutionary history, the disease has shown an ability to mutate in response to everything we’ve done to fight it. It is anticipating the next mutation (and the next and the next and the next) that also proved challenging to the development of an effective vaccine. An example of this is the discovery in 2019 of a malarial strain that is



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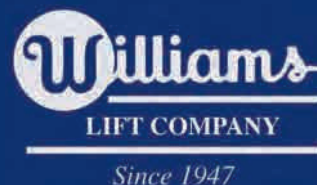


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resistant to Artemisinin. The mutation took place in Africa instead of Southeast Asia (where malaria mutations typically take place), further raising concerns because the parasite would have mutated independently to resist treatment.

### A First Step, But Hardly the Last

The new RTS,S vaccine is not the be-all end-all in the fight against malaria, as Dr. Farrer pointed out. The 30% effectiveness number has drawn criticism from those who would wait for a more effective vaccine before launching the ambitious four-dose campaign in some of the world's most remote, at-risk regions. However, it is an enormously encouraging first step upon which better vaccines can be built. The mRNA technology wielded against COVID, for instance, holds huge promise in this regard.

The new vaccine, which goes by the brand name Mosquirix, is the culmination of a research and development partnership, spearheaded by the pharmaceutical giant GlaxoSmithKline, that began in 1987. In recent years, it has been funded by the Bill & Melinda Gates Foundation, among others. In addition to being the first malaria vaccine, Mosquirix holds the distinction of being the first-ever vaccine for any parasitic disease. **EDGE**



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Messages  
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## Heart

The Art of Villo Varga

A change of environment can transform the world of a master painter, photographer and art conservator. **Villo Varga** revealed her penchant for messages all over New York City. Born in Budapest, Hungary she defected in 1983, having garnered hefty experience, studying with Professor Erno Fischer at the Academy of Fine Arts and the Museum Restorers' Methodology Center, working as conservator of the Hungarian National Gallery, and working as professional photographer. But in America, her artwork turned to ever-changing urban "messages" and images not to be lost forever.



*Messages of NY No. 2*  
oil on wood • 32" H x 24" W



*Messages of NY No. 3*  
oil on canvas • 27" H x 35" W



*Messages of NY No. 1*  
acrylic on canvas • 30" H x 24" W



*Messages of NY - In Search of Incredible*  
acrylic on canvas • 29" H x 20" W







*From Above* • acrylic on canvas • 20" H x 26" W

*Masks*  
oil on canvas • 24" H x 20" W



*Peppers and Citruses*  
acrylic on canvas • 30" H x 26" W

About the Artist



Villo Varga, of Passaic, NJ, makes New York cityscapes that force one to look very closely to see they're actually paintings. "I've been aiming to mirror my contemporary views," says Villo, who has exhibited at the Salmagundi Club, the Allied Artists of America, and other prestigious venues. She says she's "very much inspired" by the beat of metropolitan life's "telltale signs." Her awesome work brings to mind Poe's *The Tell-Tale Heart*, but on canvas and in photographs. Who knew?

—Tova Navarra



# Not All Heroes Wear Capes

**A**t Trinitas Regional Medical Center — RWJBarnabas Health, our homegrown heroes actually wear scrubs. Day in and day out, our frontline healthcare workers come to our patients' rescue, providing expert care that saves their lives and warms their hearts. That's why we are incredibly proud to honor them at this year's **Trinitas Foundation Heroes Gala!**

And just as your favorite superhero blended into the crowd, so do our heroic donors, while performing life-changing acts of charity each and every day. In a fitting tribute to their enduring willingness to come to the aid of our patients, **The Trinitas Heroes Gala** is proud to honor **the Hackett Family, Andrea & Vic Richel and the Richel Family Foundation**. Their exceptional generosity sets a heroic example for all of us, and has changed the landscape of healthcare in our community.



**Andrea and Vic Richel's** (above) commitment to Trinitas and Elizabeth's healthcare dates back over 45 years. Born and raised in Elizabeth, Andrea and Vic were high school sweethearts who went on to become highly successful community leaders, business people and philanthropists.

Andrea earned numerous national awards during her illustrious 20-year career as a television host and producer. Her cable television show, *Spotlighting Berkeley Heights*, started as a program serving the 5 towns of Berkeley Heights, Summit, Short Hills, New Providence and Springfield. It grew into *The Total*

*Picture*, with Andrea providing informational interviews to viewers all over the region. Her years as a kindergarten teacher also earned the Winfield Park community's respect. As one of the founding members of the Women's Gala Committee, Andrea channeled her considerable finesse and style to elevate Trinitas' most important fundraising event of the year.

In addition to his incredibly successful business career, Vic has served as the longtime Trinitas Board of Trustees Chairman, following years of service on the Board of Elizabeth General Medical Center and as the Chairman of the Alexian Brothers Hospital Board. His leadership was key to the success of three Elizabeth hospital mergers, including Trinitas' recent merger with RWJBarnabas Health. In a testament to his years of dedication, Trinitas' new conference room was recently named in Vic's honor.

With hundreds of gifts that have expanded the Medical Center's programs, service lines and technology, the Richels and the Richel Family Foundation have been instrumental in transforming the lives of our patients and our community. Additionally, the Richel Family Foundation awards scholarships to promising Trinitas School of Nursing students, opening windows of opportunity for tomorrow's nursing leaders and the thousands of people who will benefit from their care in the future. In recognition of their tremendous generosity, the third floor of the Union County College Kellogg Building, which houses the Trinitas School of Nursing, is now the Andrea and Victor M. Richel Family Foundation Center for Education and Nursing.

The Foundation is a true family affair, run by Andrea and Vic, along with their children and their spouses. "Andy and I are truly honored and humbled by this recognition.



**Heroes**  
*Gala*

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**Andrea and Vic Richel and The Richel Family Foundation**

*Trinitas Regional Medical Center is committed to the safety of our guests and communities. We will continue to monitor CDC recommendations and ensure that all necessary and appropriate safety steps and protocols will be followed. For more information, contact the Foundation.*

For more information, contact Katy Cruz at [Katy.Cruz@rwjbh.org](mailto:Katy.Cruz@rwjbh.org) or call 908-994-8033.

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We are also very proud that our daughter Sue and her husband Ed Marchelitis, our son John and his wife Kim and our son Dave and his wife Heather have become such active participants in The Richel Family Foundation. I am very proud of their continued dedication to the Trinitas Foundation and the staff and patients at Trinitas," says Vic. Vic and Andrea are most proud of their eight adoring grandchildren.



"Vic and his family have been our biggest champions. All of us at Trinitas are so appreciative of their support and guidance in ensuring that we provide excellent and compassionate care to the communities we serve. I am thrilled to honor Andrea, Vic and the Richel Family Foundation for their contributions to the Medical Center at this year's gala," said Gary S. Horan, FACHE, President and CEO of Trinitas Regional Medical Center-RWJBarnabas Health.

Trinitas is also the place where the loving and proud legacy of **Thomas and Yoshiko Hackett** (above right) lives on. It is where all eight Hackett children were born, and where they received care for the many emergencies that inevitably arise in a large and vibrant family. As Gary Horan explains, "The measure of a man is often based on what he does in his lifetime and in the legacy he leaves behind. Tom and Yoshiko Hackett loved Elizabeth and never forgot the city in which they lived, worked and raised their family. They passed along that abiding love and regard for their hometown to their children who, like their parents, are committed to supporting programs and initiatives that help Trinitas meet the health care demands of the communities it serves."

Tom and Yoshiko's children certainly took their parents' example to heart and have continued their generous philanthropic tradition. Their daughter Eileen is a long-time Trinitas and Trinitas Foundation employee who is known throughout the Medical Center for her generosity

and selfless concern for our patients. Their son Patrick has been an incredibly generous donor and is a former member of our Board of Trustees. Their siblings Ali, Faith, Tom, John, Michael and Mary Catherine are also devoted supporters of the Medical Center and our patients. Additionally, Tom and Yoshiko's 19 grandchildren and 2 great grandchildren have been supporters of the Trinitas Foundation throughout the years.

From the New Point Behavioral Health renovation to the new Trinitas Emergency Department, the Hacketts have supported just about every aspect of patient care at Trinitas. Anyone who has visited the Trinitas CORE Building has seen Thomas and Yoshiko's names proudly displayed over the ambulance bays. And in 2014, the family's generosity and devotion was recognized with The Hackett Family Ambulatory Surgery Center. The state-of-the-art Center has dramatically expanded access to convenient world-class surgical care for the people of our community, many of whom are impoverished with few options for care.

"Our parents were hard-working and very caring, and taught all of us the importance of helping each other and supporting others in the community," says Patrick Hackett. "We are so pleased to have the opportunity to honor them at Trinitas, an organization they had such important connections to and that meant so much to them."

All of us at Trinitas are extremely proud that this year's Heroes Gala will honor two of the many stellar families

who support the Foundation. “To us, our donors are our real super heroes and we thank them for their generosity and their commitment to helping our patients build

better lives,” states Laura Ciraco, Trinitas Foundation Vice President and Chief Development Officer.

**For more information on this year’s Heroes Gala, please visit**

**[www.22TrinitasGala.Givesmart.com](http://www.22TrinitasGala.Givesmart.com)**

**or call 908-994-8033**

## Youth Campaign Partners with Local Retailers

A veritable mosaic of hundreds of new winter coats, gloves and hats—as well as toys and art supplies—were delivered to various Trinitas Health Clinics and Behavioral Care Centers in early 2022, which in turn distributed them to needy and disadvantaged toddlers, youngsters and adolescents in Union County and beyond. The Youth Campaign, founded and directed for the last six years by brothers Matt and Joe Galgano (grandsons of foundation board member Alfonso J. Lopez), was originally inspired by Assemblywoman Annette Quijano’s January 6th Three Kings Day event.

The Youth Campaign is guided by three basic premises. First, raise donations in cash or gift cards from individual donors or businesses, including area restaurants. Second, establish long-term, mutually beneficial relationships with major retailers to secure rock-bottom post-Christmas prices. Third, acquire the largest number of gifts to reach the most children and build upon the Three Kings Day celebration by making it the date for distribution to the Clinics.

“The support of everyone at the Trinitas Health Foundation was a key to our success,” says Matt, “as well as the reputation of Trinitas doctors, nurses, aides, and the Emergency Department.”

“Nothing compares to the smiles and comfort that the program brings to so many needy children in our communities,” adds Lopez. “It keeps us all very humble.”



This year’s Youth Campaign surpassed the goal of impacting over 1,000 young people. Donations came from individuals and businesses throughout the state, as well as New York City and Florida. In addition to winterwear and toys, the Galgano brothers were able to procure guitars and keyboards for aspiring musicians in the Behavioral Care program. Among the major retail supporters were Costco, Wal-Mart, Lowe’s, Home Depot, Seabra’s Market and Peerless Beverage.

According to Foundation VP Laura Ciraco, the Youth Campaign will be broadening its scope in 2022–23 to include bookbags and school supplies for students in need, starting this September. A new round of outreach and fundraising begins in May.

**For more information and for ways to help support Trinitas Regional Medical Center, please visit**

**[www.rwjbh.org/trinitasgiving](http://www.rwjbh.org/trinitasgiving) or call 908-994-8033.**





# A Path Between **EXTREMES**

*DBT treatment builds a life worth living.*

By Christine Gibbs

**M**ay is Mental Health Awareness Month. It would not be an exaggeration to say that, thanks to the COVID pandemic, *this* May we are more aware than ever of the precarious state of our nation's mental health. The National Institute of Health (NIH) has compiled a daunting set of statistics, including that one in five

Americans today is living with at least one of a wide range of mental issues. That translates into more than 50 million people.

Not that COVID is the lone culprit. Pre-pandemic life was already a pressure cooker of high-stress triggers such as financial panic, job anxiety, inflation, debt—



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I could go on and on, but suffice it to say that life for almost everyone can be a challenge. However, burnout syndrome has certainly been exacerbated by COVID these past two-plus years and there has been a noticeable increase in the number of Americans suffering from depression and anxiety that can

reliably be traced to COVID-specific restrictions, from lockdowns to mask mandates. That most definitely includes children, adolescents and emerging young adults who are exhibiting signs of depression in greater numbers as a result of forced isolation and remote education.

What is the actual *degree* to which we can attribute our elevated levels or incidences of stress and depression to the pandemic? That is endlessly debatable...and it also misses the point. If it feels as if you or a loved one is struggling emotionally—regardless of *why*—the more critical question is *where should I look for help?* Admitting that a problem exists, and recognizing that the situation has escalated to a point where managing it without help is no longer possible, is a critical first step. If you or someone close to you is exhibiting behavior that is concerning, harmful or uncontrollable, the time is now to seek help. Trinitas offers a full array

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of mental health support and services, providing almost 200,000 behavioral health outpatient visits a year.

One program that has enjoyed particular success is the Trinitas Institute for Dialectical Behavior Therapy and Allied Treatments—the DBT Institute, for short—which is headed by Co-Directors Atara Hiller, PsyD and Essie Larson, PhD. Dr. Hiller manages the Adolescent DBT Program, and Dr. Larson runs the Adult DBT Program.



**Atara Hiller, PsyD**



**Essie Larson, PhD**

## “It Depends”

DBT is a type of cognitive behavioral therapy with the goal of building a life worth living by developing behavioral skills to improve impulse control, emotional regulation, interpersonal effectiveness and overall functioning, and replace old harmful ways of thinking and behaving with new, healthier ones. A fundamental principle of DBT treatment is finding “middle-of-the

road” solutions to help overcome the extreme positions that interfere with adapting to real-life situations. In other words, for many of us, the concept of “it depends” is a fact of life—we recognize that the everyday decisions and situations we encounter are not binary, either/or, black-and-white, etc. For some people, however, this is extremely difficult to accept and tolerate. For them, the world is filled with battles between opposing forces of, for example, right and

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## Who Can DBT Help?

While the skills taught in DBT can be helpful for everyone, comprehensive DBT treatment at Trinitas may be an appropriate option for individuals who present with conditions and symptoms of chronic emotional and behavioral dysregulation such as:

- Borderline Personality Disorder (BPD)
- Self-injury and chronic suicidal thoughts/behaviors
- Eating Disorders
- Substance Use disorders
- Recurrent Depressive Episodes
- Post-Traumatic Stress Disorder (PTSD)



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wrong or good and evil. Needless to say, it is an emotionally exhausting way to go through life.

When discussing the dialectical perspective, Dr. Hiller explains, “The key to successful adjustment may be accepting that the real truth is that there is no absolute truth at all. DBT accepts that two seemingly opposite truths can both exist at the same time, and that it is possible to modify behavior patterns to adopt a reasonable middle ground as a healthier response, instead of succumbing to either extreme position.”

“The reality that is encouraged is that there is no absolute truth, but rather everything is a mixed bag,” Dr. Larson adds.

The emphasis in DBT is placed on increasing emotional and behavioral regulation so that individuals can make effective choices that help them work towards their long-term goals. Clients undergoing this therapy are passionate about almost everything—and consequently

are often judged as being irrational, attention-seeking, excessive or hot-headed because they react so quickly and take so long to cool down.

At the DBT Institute, these individuals are regarded as “exquisitely sensitive” and “super sensors.” The objective is to teach and encourage self-acceptance by validating their passionate internal experiences, while also guiding them to identify and change behaviors that interfere with reaching their personal goals. By providing a supportive, validating, and goal-oriented therapeutic environment, the team of DBT therapists helps the clients (and in the case of adolescents, their families as well) to learn and use the variety of skills taught in the treatment.

## Getting Help

We all know family members, friends or co-workers who seem to be intractable in their views and behavior at times. However, individuals who benefit the most



## The Gold Standard

The DBT available at Trinitas is considered to be the gold standard for treating many chronic emotional and behavioral regulation issues, such as Borderline Personality Disorder (BPD), self-harm, chronic suicidality and mood disorders. For many, the stress from the pandemic has exacerbated these difficulties significantly.

Comprehensive, high-fidelity DBT has been offered at Trinitas since 2007. However, in response to the high demand for DBT services for clients and training of clinicians, Trinitas founded the Institute for Dialectical Behavior Therapy and Allied Treatments in May 2019—less than a year before COVID-19 began tearing through New Jersey's population. The faculty members of the DBT Institute have all undergone formal training through Behavioral Tech LLC, a prestigious organization founded in 1994 by Dr. Marsha Linehan, the developer of DBT.

In addition, Dr. Hiller and Dr. Larson have received individual certification from the DBT-Linehan Board of Certification™. In December of 2021, the DBT Institute became the 27th program in the world to become a DBT-Linehan Board of Certification, Certified Program™. All of the clinicians who work within the DBT Institute receive ongoing training and supervision to ensure that they are providing treatment in line with the original, empirically validated, model of DBT.



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## When It's Time to Look for Help...

The Department of Behavioral Health and Psychiatry at Trinitas Regional Medical Center offers other mental health treatment in addition to DBT to address issues ranging from anxiety, depression and relatively mild disruptive behavior patterns to more severe chronic conditions, such as Bipolar Disorder and Schizophrenia. These specialized services are available for children, adolescents, and adults across levels of care including outpatient, partial hospital and inpatient care, depending on the severity of a particular condition. Initial contact can be made by phone or in person, and some therapy services are available via telemedicine. Trinitas also supports a Mobile Crisis Unit to respond to emergencies off-site.



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**Consumer Guide**



from DBT struggle with this at a much higher level of intensity. Typically, a DBT candidate presents as a person with challenges in multiple areas of life who has had previous unsuccessful experiences with other types of therapy. Behaviors such as self-harm, impulsivity, substance use, eating disorders and aggression become these individuals' primary problem-solving methods to tolerate the debilitating emotional distress that they experience. Unfortunately, these behaviors seriously interfere with quality of life and social integration.

The objective of developing a healthy skillset is reflected in the DBT mantra: Build a life worth living! Comprehensive, outpatient DBT programs that follow the empirically based model are organized into three hours of weekly meetings—consisting of two hours of skills group (Adult DBT groups are for the clients only, while Adolescent DBT groups include parents/caregivers) and one hour of individual therapy for the client. Between session, phone coaching is also available to help clients use their skills in their day-to-day lives. In addition, both the Adult and Adolescent programs offer services for graduates of the program to help them further solidify what they have learned. Across the Adult and Adolescent programs there are nine staff members, including Dr. Hiller and Dr. Larson. In addition, there are between 7 and 10 trainees at any given time. Several of the staff and trainees see both adult and adolescent DBT clients.

The adult DBT program requires an initial commitment of 52 weeks, followed by the opportunity to extend for another 26 weeks to complete two full cycles of the skills curriculum. The duration for one cycle of the curriculum for English-speaking adolescents/families is 20 weeks, whereas for Spanish-speaking adolescents/families, the duration for one cycle of the curriculum is 24 weeks (because the groups are provided in both English and Spanish). Adolescent DBT requires that at least one parent/caregiver must also commit to the treatment by attending group and family sessions, and



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individual parent coaching sessions as needed. This is because having parents/caregivers support the use of DBT skills is essential. Clients in the Adult DBT program attend treatment alone with free monthly education nights provided for family members and friends who are interested in learning more about DBT treatment, DBT skills, and supporting their loved ones. All types of insurance are accepted. There is currently a substantial waiting list for both programs.

During the pandemic, the Institute continued to serve clients through Zoom sessions. Despite an adjustment period, therapy quality was never compromised. Some clients (especially those living at a distance from Trinitas) found teletherapy to their liking, while others rejoiced when in-person therapy resumed. Most importantly, all of the DBT clients continued to make progress in the face of heightened stress and anxiety.

"The skills we teach were the perfect tools to deal with uncertainty and major life changes," says Dr. Larson.

## Key Ingredient

Both Dr. Hiller and Dr. Larson emphasize that the indispensable component of successful completion of the DBT program is "commitment...commitment...and more commitment." Clients must first believe, even if



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hesitantly, that their life *can* potentially improve and then they must be willing to put in the hard work—with the support and encouragement of their therapists—to start making it happen. “The foundation of any DBT program is that it is totally voluntary and therefore, by definition, requires an incredibly high degree of resolve,” Dr. Hiller explains. To be accepted into either the adult or adolescent programs, clients must sign a personal contract outlining the terms of their commitment.

Modifying ingrained behavior patterns requires a whole-hearted dedication to achieving a balance between emotional extremes and learning how to identify and make more effective choices. Before being accepted, the DBT team spends time screening prospective clients on the telephone, followed by personal interviews to discern levels of motivation, increase commitment, troubleshoot potential issues and agree on a collaborative approach to reaching goals. The DBT program provides the tools and encouragement; the commitment to apply them to daily life is up to the client.

As a goal-oriented therapy, successfully completing what is referred to as Stage 1 DBT treatment in the Adult Program requires clients to demonstrate at the end of two cycles of the curriculum that they have

moved closer to their goals by learning and applying the skills taught to them. In the Adolescent Program successfully completing Stage 1 DBT treatment may occur after one cycle, although most families stay for two cycles to solidify the improvements. Time limited graduate level treatment can be arranged for certain clients in both the Adult and Adolescent Programs, however Dr. Larson emphasizes that, compared to many other types of mental health therapy, DBT is meant to have a tangible end point. “DBT is a recovery-based model,” she says. “The goal is to get clients to the point where they no longer *need* therapy.” **EDGE**

**Editor’s Note:** The Trinitas Institute for DBT and Allied Treatments for adults is located at 654 East Jersey Street in Elizabeth (908) 994-7087. Adolescent DBT treatment is located at 655 East Jersey Street (908) 994-7378 (English) and (908) 994-7589 (Spanish). For more information, visit [dbtnj.org](http://dbtnj.org). The Institute also offers a variety of training, supervision and consultation services to support clinicians interested in learning DBT or to hone their DBT therapy skills. Clinicians who are still in school or already licensed may apply to formally join the DBT Institute teams for comprehensive training. Applications can be found on the website.



# Children's Therapy Services

## 10 Tips Workshop Series

### Virtual Wednesdays

The 10 Tips Workshop Series is back and as informative as ever! The series consists of 9 workshops appropriate for parents, teachers, or other individuals who work with young children and focus on practical strategies that can be easily implemented into daily classroom and/or home routines. At the current time, workshops will be offered virtually. All workshops offer suggestions that are appropriate for all children. We look forward to seeing you!

#### Workshop Schedule (remaining dates)

**April 6** Improving Oppositional, Uncooperative & Aggressive Behavior in Children

**May 11** Improving Fine Motor & Visual Motor Skills

**All Workshops  
via GOOGLE MEET  
6 to 7:30 p.m.**

#### Payment Information

- Workshops are provided for a fee of \$20.00 per class due at registration.
- All classes require 24 hours advance registration.
- Mail check, drop off check at the office or pay with a credit card.
- If emailing your registration and paying by credit card, your email will serve as authorization/confirmation.
- Continuing Education credits are available to all attendees.

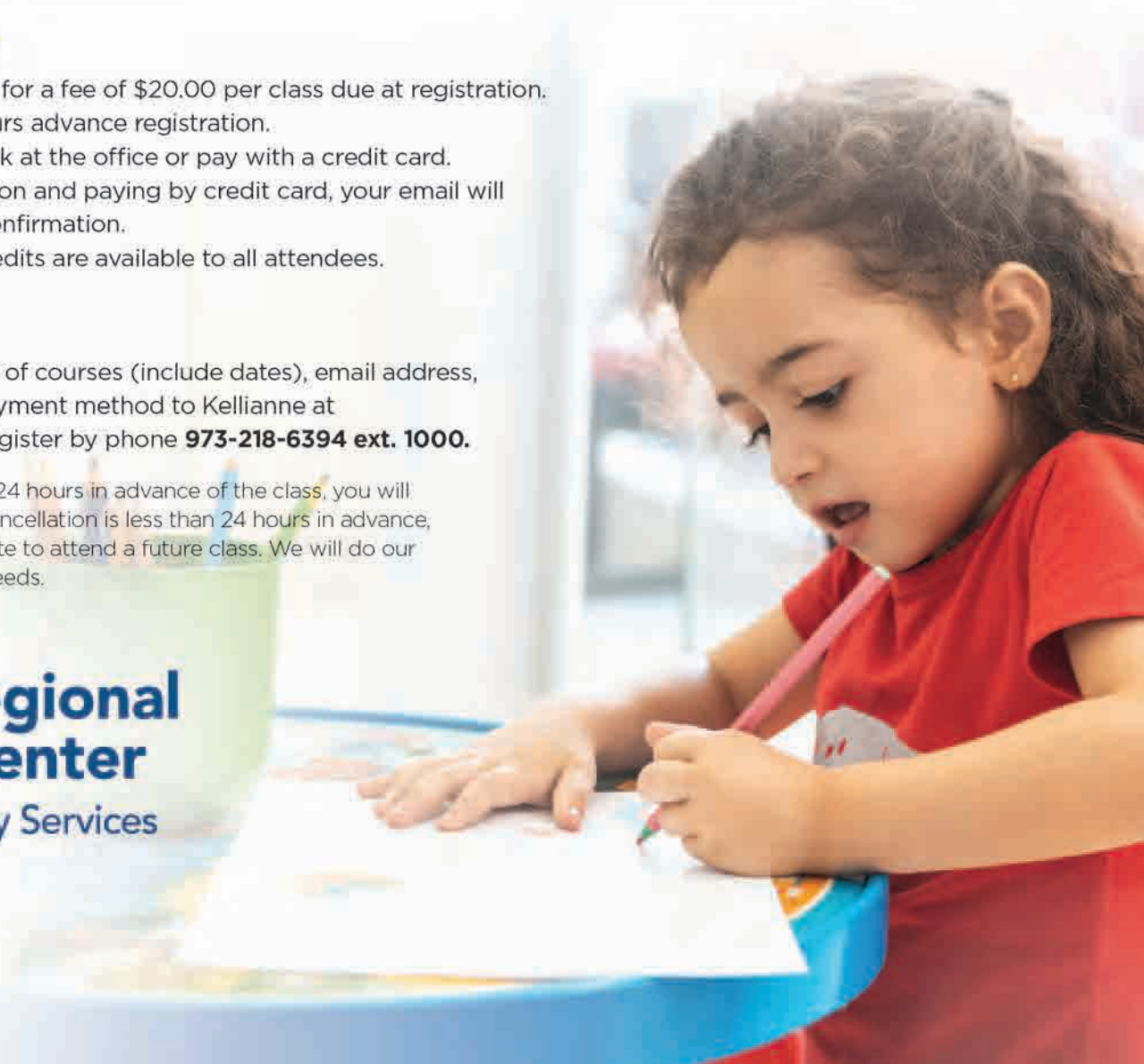
#### Registration

Email attendee's name, list of courses (include dates), email address, cell phone number and payment method to Kellianne at **KMartin@trinitas.org** or register by phone **973-218-6394 ext. 1000**.

If your cancellation is at least 24 hours in advance of the class, you will receive a full refund. If your cancellation is less than 24 hours in advance, you will receive a gift certificate to attend a future class. We will do our best to accommodate your needs.

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Children's Therapy Services

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HEALTH





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# Smaller Than a Postage Stamp



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Sometimes big ideas can come in the smallest of packages. These tiny inventions have made a huge impact and, in some cases, changed the course of human history.



Marie-Lan Nguyen

## Neolithic Tokens

The earliest form of human writing was cuneiform, a pictographic means of representing sounds and syllables, used in the Middle East more than 5,000 years ago. How did these symbols originate? From small tokens that represented commercial goods or livestock that were encased in clay as a sort of primitive “contract.” If a dispute arose, the container could be opened for the parties to see what was inside. Eventually, it just became easier to press those tokens into clay tablets—creating the foundational thinking behind the world’s many alphabets.



Maksim

## The Button Hole

Did you know that buttons were around for a very long time before some forgotten genius came up with the idea for the buttonhole? Buttons were decorative items that doubled as a kind of hitching posts for loops that helped fasten garments (instead of tying, tucking or belting). They only came into wide use during the 1300s in Europe, when tight-fitting clothing became fashionable.



LCB/Woodbine9

## The Zipper

Has there ever been a better way to attach two ends of flexible material? Did you know that when you zip up, you are “interdigitating?” The modern zipper was invented by Gideon Sundback of Fastener Manufacturing & Machine in Hoboken just after the turn of the century. He perfected the invention after the company moved to Pennsylvania and the name “zipper” was introduced to the lexicon by BF Goodrich, which used the product on its rubber boots in the 1920s.



Sage Ross

## The Capsule

For most of human history, ground or powdered medication has been taken with water or some other liquid. In 1833, a couple of French pharmacists—Joseph Dublanc and Francois Mothes—came up with the idea of encasing medicine in a tiny gelatin capsule, sealed with gelatin. The two-piece capsule was also a French invention, 13 years later. The soft “gel-cap” came along during the 1930s. Several years ago, we wrote about capsule endoscopy, a capsule containing a tiny camera that is swallowed in order to record images of the gastrointestinal tract that cannot be easily reach by a colonoscopy.



HFS

## Ball Bearings

The ball bearing, as we know it, came into use during the 1800s as a means of reducing rotational friction. Since the early days of the Industrial Revolution, a ball bearing application can be found in just about any device with moving parts. There is something elegant and even hypnotic about the action of ball bearings, as anyone addicted to fidget spinners can attest.



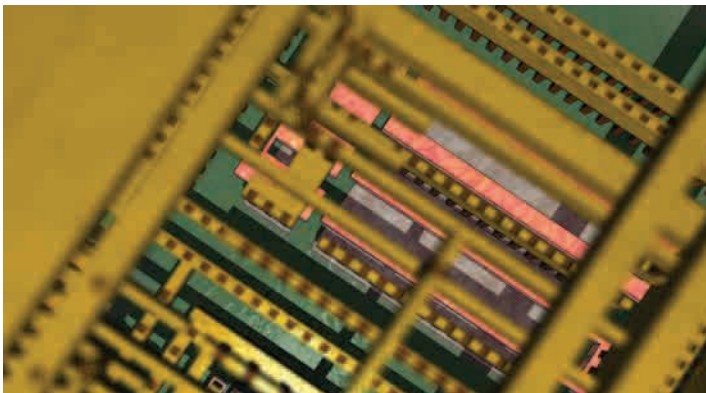
## The Postage Stamp

Okay, it's technically the same size as a postage stamp. But it's an important story to tell. Prior to the mid-1800s, the only way to confirm that the postage on a parcel or letter had been paid was with a hand-stamp fashioned by the town or city postmaster. Often, it was up to the recipient to pay the postage. It doesn't take much imagination to dream up ways to cheat the system—especially if you're the one doing the stamping. In order to stem corruption that plagued the mail in the United Kingdom—and to speed up its delivery—the “penny black” stamp was issued.

Cancellations were also introduced to ensure a stamp could not be used again. In 1869, the U.S. Postal Service issued its first stamps that did not depict national heroes. The public hated the idea at first (making those stamps extremely valuable) but eventually Americans, along with the rest of the world, embraced the little “pictorials” in a big way.



Library of Congress



David Carron

## The Integrated Circuit

Behind almost every technological advance in our lifetimes is the microchip, a mini circuit board that connects all the innards of a computer. Integrated circuits are built on slim sheets of silicon and can be found in countless everyday items. The integrated circuit was invented by two scientists in the late-50s, Jack Kilby and Bob Noyce. Kilby went on to create the portable calculator and Noyce, who made the first microprocessor, had good luck with a start-up named Intel.



SeeDete

## Flash Memory

Remember when you got excited about the Commodore 64, with a whopping 64kb of memory? Or the first floppy disk, with 80kb of storage? Today, that couldn't even handle a lo-res selfie. Flash drive technology, found in memory sticks or the little card that pops out of your smart phone, can handle more than 10 billion times the amount of data that old-school storage devices could.

# EDGE PEOPLE



## PAT ON THE BACK

MarieThelusma, an EVS employee, came back to work on her day off specifically to return several hundred dollars in cash she had found while cleaning a hospital bed. Because of Marie's honesty and the diligence of the Emergency Department staff, the money was returned to the patient, who was quite ill in the ICU. She was given two \$50 gift cards and a bag of Trinitas loot. Employees like Marie make our Trinitas family strong and reliable!



## JOIN THE GROUP

Aida Mendez-Boud, Occupational Therapy Assistant, Elizabeth Coordinator, was recently invited to join a Working Group that assists Olga Hugelmeyer, Superintendent of Elizabeth Public Schools, with creating the district's new five-year strategic plan. In doing so, the district is conducting virtual/group interviews with "valued learning community and greater community members" to gather ideas and feedback. The Working Group includes roughly two dozen individuals with a diverse array of expertise and perspectives and include community leaders, district administrators, principals, teachers, and parents. Aida will join the group to work toward the Elizabeth Public Schools' goal to finish a new equity-focused strategic plan this spring. As a more than 35-year occupational and physical therapy provider for the district, Trinitas is proud to have Children's Therapy Services involved in this process.



## SILVER AWARD

The New Jersey Department of Health awarded Trinitas Regional Medical Center with a Certificate of Achievement in recognition of satisfactory completion of Silver-Level, acute care requirements for the 2021 Antimicrobial Stewardship Recognition Program.



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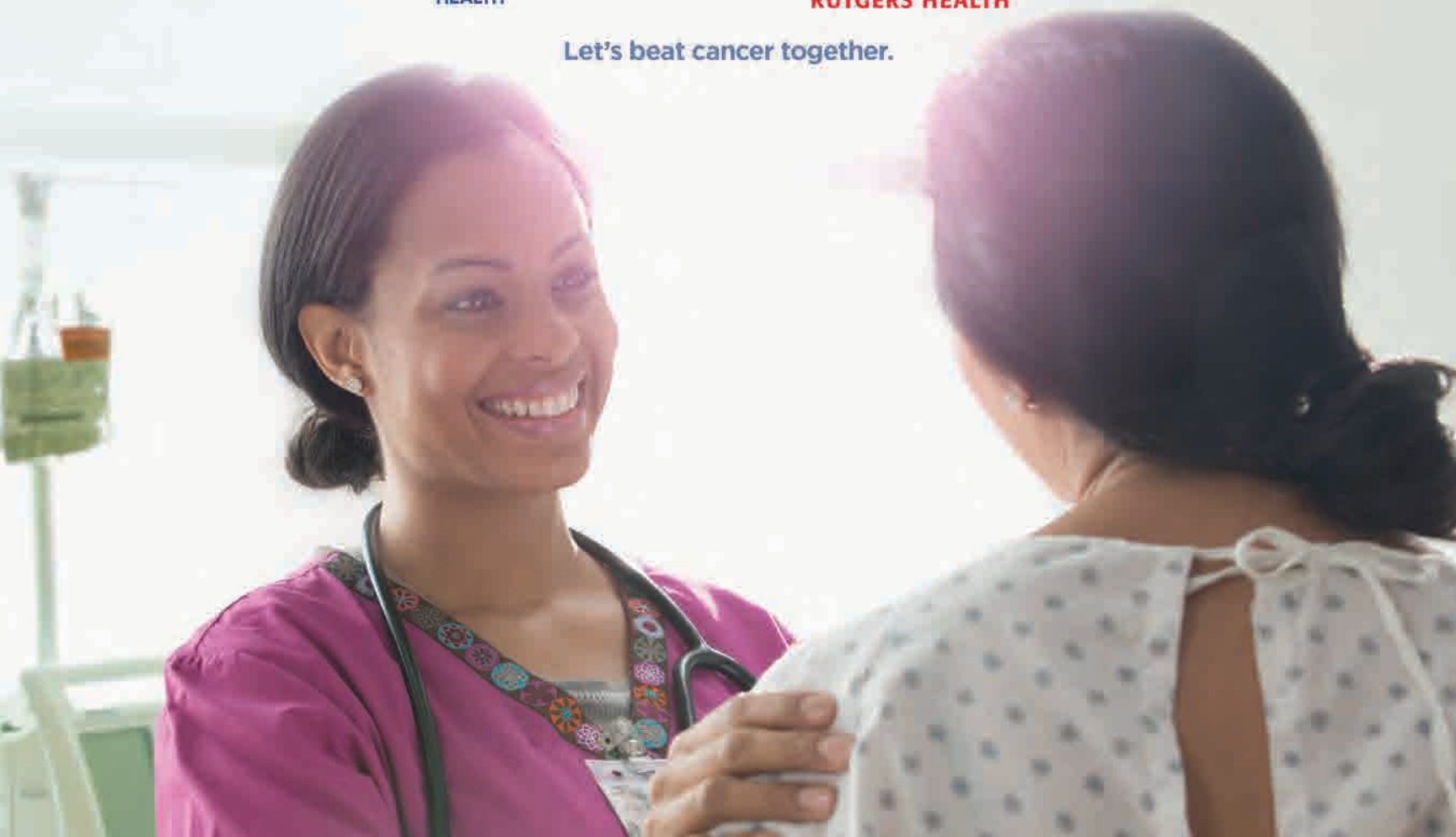
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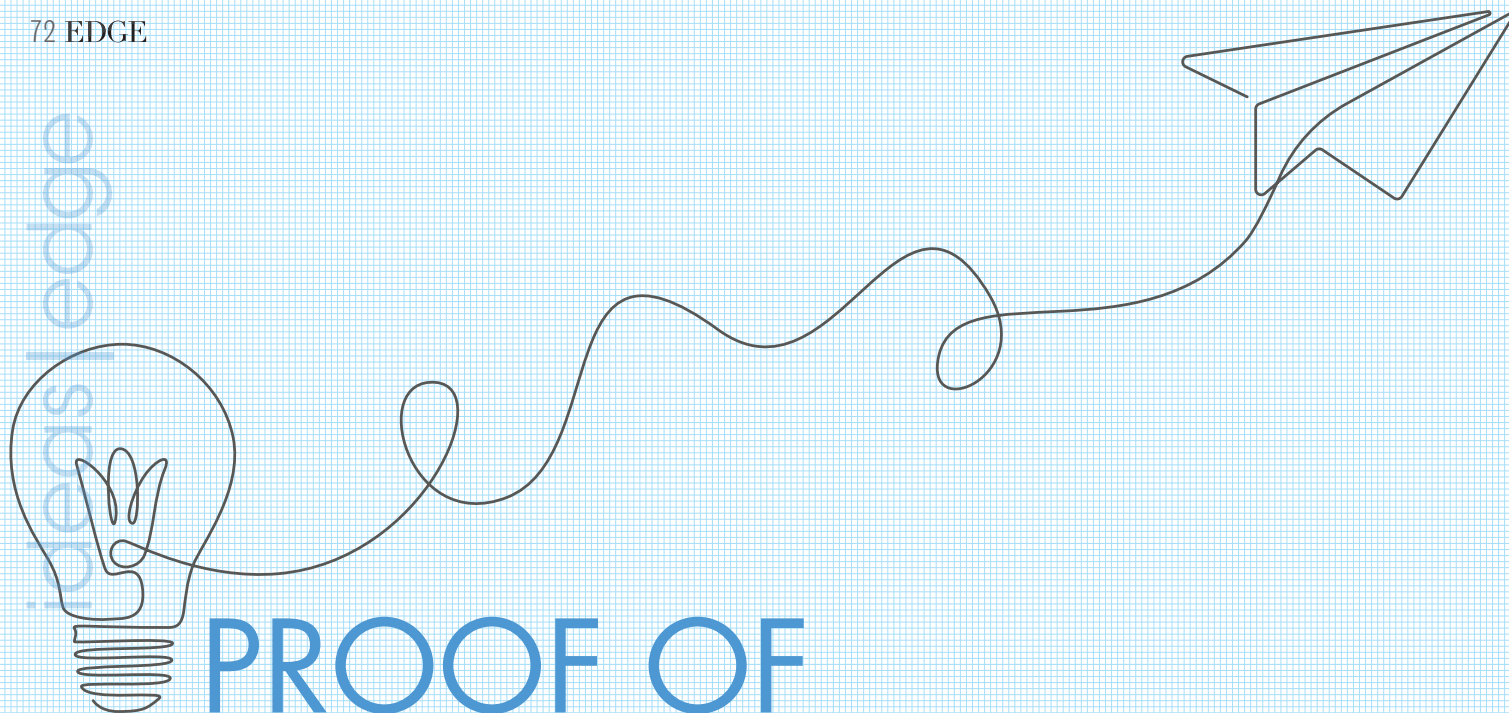
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# PROOF OF CONCEPT

By Mariah Morgan

Getting a big idea off the drawing board and into consumers' hands before the competition is no easy task. Here are eight intriguing ones we've been hearing about for a while...and, if all goes well, they're due to hit the market sometime in 2022.



## SkinCeuticals Skin Care

SkinCeuticals's clinical-grade serum is customized by a dermatologist who identifies your skin concerns to create a custom product for you and you alone—using 2,000 algorithms for a fully personalized formula.

[skinceuticals.com](https://www.skinceuticals.com)



## iMicro C

iMicro C attaches to your smartphone's lens so you can view the microscopic world with more precision. It boasts a field of view of about 5mm and a large depth of field to help you observe tiny objects such as electronic parts, small insects and more down to 5 microns.

[kickstarter.com/projects  
search for "iMicro C"](https://kickstarter.com/projects/search%20for%20iMicro%20C)





### HomeChef Compact Oven

Mutlipurpose kitchen appliances have always been popular...the smaller the better. Panasonic's 7-in-1 countertop oven can steam, convection bake, air fry, ferment, sterilize and more.

[na.panasonic.com](http://na.panasonic.com)



### Timberline Solar

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[GAFEnergy.com](http://GAFEnergy.com)



### Bird Buddy

This product, which has been in the works for a couple of years, finally hits the market in 2022. You can feed the birds and watch them in real time, up close and personal, on your smartphone. Snap a photo of a visitor and it will identify the species and give you some fun facts.

[mybirdbuddy.com](http://mybirdbuddy.com)



### CleanseBot

Robotic vacuums have been getting better and better, but they only operate at floor level. CleanseBot is a tiny cleaning robot that disinfects your bed, eliminating unwanted pathogens and bacteria. It has four UV lights to sanitize bedding and weighs less than 8 ounces, so it's perfect for cootie-averse hotel travelers.

[kickstarter.com/projects](http://kickstarter.com/projects) • [search for "CleanseBot"](#)



### Dolfi

Dolfi uses modulated ultrasonic waves to demolish ring around the collar (and other pesky stains) without the use of pre-wash products, detergent or elbow grease. It works especially well on silk, lace, cashmere and embellished garments you normally wouldn't throw in the wash.

[Dolfi.com](http://Dolfi.com)



### Schlage Encode Plus

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[Schlage.com](http://Schlage.com)

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— Executive Chef Louis Bayla



## **The Thirsty Turtle • Pork Tenderloin Special**

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## **The Thirsty Turtle • Brownie Sundae**

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— Chef Dennis Peralta



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— George Thomas, Owner

## Welcome Back!

The restaurants featured in this section are open for business and are serving customers in compliance with state regulations. Many created special items ideal for take-out and delivery and have kept them on the menu—we encourage you to visit them online.

Do you have a story about a favorite restaurant going the extra mile during the pandemic? Post it on our Facebook page and we’ll make sure to share it with our readers!

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**\$975,000**

4BR/3.1BA center hall colonial w/upgrades & beautiful moldings. Formal LR/DR, EIK opening to FR. 2nd fl. has 4 spacious BRs including a spa like primary suite & laundry room. Finished basement incl. office, full bath, rec room & storage room.

[www.thenjreboss.com](http://www.thenjreboss.com)  
**Jaynie Carlucci**  
**908.873.7306**



**8 Harvard Road Cranford**  
**\$699,900**

Four finished levels of living space w/many wonderful updates. Beautiful kitchen, bathrooms, family room w/gas fireplace, finished basement. Beautiful corner property w/spacious yard, paver patio & firepit. Seller's home is not in a flood zone.

[www.elizabethbataille.com](http://www.elizabethbataille.com)  
**Elizabeth Bataille**  
**908.202.1702**



**217 Prospect Ave 9-4A Cranford**  
**\$2200/month**

Refinished wood floors, washer & dryer in unit. Beautiful grounds w/ winding walkways & sunken garden. Close to NYC transportation & vibrant downtown with restaurants, shops, movie theater, coffee shops, pubs, canoe club, and tennis court.

[www.elizabethbataille.com](http://www.elizabethbataille.com)  
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**103 Helen Street Fanwood**  
**\$625,000**

This lovingly maintained home offering four floors of living space is ready to move in and enjoy.

[TheSoldiCollection.com](http://TheSoldiCollection.com)  
**Frank D. Isoldi**  
**908.233.5555 x202**



**7 Glenn Avenue Green Brook**  
**\$760,000**

Beautiful Colonial home featuring 6 bedrooms, 3.5 full bathrooms, and a large backyard.

[www.premierhomespro.com](http://www.premierhomespro.com)  
**Anthony Torres**  
**973.438.8421**

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**25 Fairchild Place** **Hillside**  
**\$339,000**

Charming Colonial home, spacious 1st fl. offers large LR, FDR, FR & EIC w/sliding-glass doors deck. 3 BR & full bath w/jetted tub. A walk-up attic, storage space or possible home office. Full basement w/rec room, half bath & laundry area.

[www.elizabethbataille.com](http://www.elizabethbataille.com)  
**Elizabeth Bataille** **908.202.1702**



**2310 Seneca Road** **Scotch Plains**  
**\$699,000**

3BR/3BA Colonial located steps away from NYC transportation. Generously sized BRs incl. a primary suite w/balcony, WIC, and full bath! First floor den can EASILY be converted back to a fourth bedroom w/adjacent full bath.

[www.thenjreboss.com](http://www.thenjreboss.com)  
**Jaynie Carlucci** **908.873.7306**



**49 Hemlock Terrace** **Springfield**  
**\$679,000**

Four bedrooms two and a half bath (master bath) Split Level located in the sought-after Woodside section of Springfield.

[www.cynthiaapicellagroup.com](http://www.cynthiaapicellagroup.com)  
**Cynthia Apicella** **201.697.5365**



**225 East Linden Avenue** **Linden**  
**\$290,000**

Fixer upper with huge potential. Commuters dream! One block from Linden Train Station. 3 bedrooms, 1 bath. Large driveway and backyard.

[www.weberhomesnj.com](http://www.weberhomesnj.com)  
**Vanggie Weber** **973.494.4082**



**703 Bayside Court** **South Amboy**  
**\$449,000**

3 BR, 2.5 bath townhome w/2-car built-in garage. Granite countertops, center island, SS appliances, breakfast bar & large pantry. Hardwood floors & freshly painted interior. Just minutes to NJ Transit, restaurants & shopping. Ferry to NYC coming soon.

[www.elizabethbataille.com](http://www.elizabethbataille.com)  
**Elizabeth Bataille** **908.202.1702**



**34 Janet Lane** **Springfield**  
**\$748,000**

Move right into this beautiful three bedroom two full bath, one half bath split level with two-car garage.

[www.cynthiaapicellagroup.com](http://www.cynthiaapicellagroup.com)  
**Cynthia Apicella** **201.697.5365**



**1371 Rahway Road** **Scotch Plains**  
**\$1,495,000**

Lovely home set 4 lush acres including a heated, in-ground, Gunite pool with spa.

[TheSoldiCollection.com](http://TheSoldiCollection.com)  
**Frank D. Isoldi** **908.233.5555 x202**



**60 Fieldstone Drive** **Springfield**  
**\$519,000**

Charming three bedroom two full, bath ranch offering expansion possibilities.

[www.cynthiaapicellagroup.com](http://www.cynthiaapicellagroup.com)  
**Cynthia Apicella** **201.697.5365**



**108 Shunpike Road** **Springfield**  
**\$719,000**

Large 5 bedrooms 4 bath split offering approx 2700 sq. ft. adjacent to Baltusrol Golf Course.

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**217 Ashland Road** **Summit**  
**Call for List Price**

Solid brick 3BR, 2 bath home with refinished hardwood floors & freshly painted interior. Kitchen & bathrooms await your customization. Deep property with expansion possibilities.

[www.christinelayng.com](http://www.christinelayng.com)  
**Christine Layng** **908.380.0933**



**183 Springfield Avenue** **Summit**  
**\$1,865,000**

Gracious Northside home on 1/2 acre of serene property. Elegant light-filled interior with well-appointed kitchen and baths, formal living and dining rooms, 1st-floor family room, spacious bedrooms.

[www.woodwardhomes.com](http://www.woodwardhomes.com)  
**Woodward Properties, REALTORS**  
**908.598.0155**



**276 Parkside Drive** **Union Twp.**  
**\$499,000**

Charming 3BR/ 3.1BA colonial with a contemporary twist located on a wonderful residential block. This home offers open floor plan, 3 large BRs including expanded primary suite and huge basement with loads of potential.

[www.thenjreboss.com](http://www.thenjreboss.com)  
**Nicole Williams** **973.342.8812**



**6 Taft Road** **West Milford**  
**\$399,999**

This beautiful bi-level Colonial house was gut renovated in 2019.

[www.premierhomespro.com](http://www.premierhomespro.com)  
**Hanoi Aquinet** **908.414.9944**



**164 Gallows Hill Road** **Westfield**  
**\$725,000**

Spacious 4 Bedroom 2 1/2 bath Colonial steps from Blue Ribbon Washington Grade School with parklike .32 acre lot. Tremendous potential.

[TheSoldiCollection.com](http://TheSoldiCollection.com)  
**Frank D. Isoldi** **908.233.5555 x202**



**106 Oxford Terrace** **Westfield**  
**\$1,299,000**

No details spared in this 5 BR/5.1 Bath colonial set on a quiet residential street. Spacious floor plan, open concept kitchen, formal LR/DR, finished basement w/high ceilings, large BR, 2nd fl. laundry room, custom closets, mudroom & more.

[www.thenjreboss.com](http://www.thenjreboss.com)  
**Jaynie Carlucci** **908.873.7306**



**214 Park Street** **Westfield**  
**\$1,100,000**

Gorgeous 5 bedroom, 3.1 Colonial boasting 4 floors of living space, 2 fireplaces, custom moldings, beamed ceilings & hardwood floors.

[TheSoldiCollection.com](http://TheSoldiCollection.com)  
**Frank D. Isoldi** **908.233.5555 x202**



**13 Trails End** **Westfield**  
**\$980,000**

Move in ready Colonial on private cul-de-sac featuring bright, open floor plan, spacious rooms, high ceilings and hardwood floors.

[TheSoldiCollection.com](http://TheSoldiCollection.com)  
**Frank D. Isoldi** **908.233.5555 x202**



**453 W. Grove Street** **Westfield**  
**\$1,149,000**

NEW CONSTRUCTION being built! Blue Wave Construction shows off their quality & innovative construction service with this home. This gorgeous updated colonial is located close to schools, downtown, parks, and pools.

[www.thenjreboss.com](http://www.thenjreboss.com)  
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# 5 Minutes with...

## Actor/Director Hugh Laurie



Upper Case Editorial

**You have directed before, on *House* and other projects. Coming off of [Agatha Christie's] *Why Didn't They Ask Evans?* how do you assess yourself as a director at this point?**

I'm not as calm as I would like to be [laughs]. I tended to become more agitated than I would have liked to have been. I think the problem is that any job you do in life is only difficult or easy in relation to how much you care about the outcome. Brain surgery is pretty easy...if you don't mind the patient dying. But if you care a lot about something, things could be almost infinitely difficult or infinitely problematic, I should say. There will always be things that you wish—if only it could be this instead of that—and I confess that I was at times not as level-headed as I wish I could have been.

**What are the most important qualities you need to be an actor, and what are the most important qualities you need to be a director?**

Wow. I suspect the list of qualities you need to be a director may not be containable in a single person. You probably need seven people to do the job of a director in the way that it really ought to be done. It seems to me that the calls upon your judgment and time and energy and stamina are almost infinite. And the opportunity for making mistakes, likewise, is almost infinite. I think the similarity between acting and directing is that actors and directors need to be people who watch people. They need to *watch* people and know instantly what is true and what isn't.

**What got you started writing the adaption of *Why Didn't They Ask Evans?***

It's a murder mystery, but it has a kind of slight screwball feel to it. And one of the most remarkable things about it is that—and this I believe is unique for

Agatha Christie and maybe even unique for murder mysteries—the real mystery is not who the killer is. I mean, it *is* a mystery and we have to track that down, and he or she must be apprehended and brought before the law. But the real mystery is *What does the question of the title mean?* It's like a 100-dimension Wordle where you're trying to solve this puzzle and, until you solve it, it's not really satisfying. You might catch the killer, but until you understand—until you decipher the question and answer the question—it doesn't really satisfy. I think that is her genius.

**Most of the clever repartee and witty dialogue in this series comes from the women characters. Do you agree...and did you have a part in that or was it all Dame Agatha?**

I'll make a confession now: Frankie Derwent, the heroine of *Why Didn't They Ask Evans?* was my first-ever crush. I found her absolutely intoxicating. She's quick and funny and bold and ready to take a chance. I just found her such good company. I was completely knocked over. And I do agree with you. The female characters, they've got some strong stuff. I would never in a million years dream of taking any credit. Along with the rest of us, I am just hanging on to the coattails—well, it wouldn't be coattails—hanging on to the hem of the skirt of Dame Agatha for the ride.

**Editor's Note:** Hugh Laurie adapted and directed *Why Didn't They Ask Evans?*—a tale of two amateur detectives who get in over their heads investigating a murder—for a limited-run series debuting on BritBox this spring. For eight seasons, Laurie played the title role in the medical drama *House*, which was set in a New Jersey hospital and co-starred Lisa Edelman, who sat for a 2014 photo shoot and interview with EDGE. Lucy Allen of The Interview People, who interviewed Kristen Stewart in our last issue, conducted this Q&A.



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