

EDGE

THE GET CONNECTED ISSUE

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SPECIAL SECTION

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EDGE is published by Trinitas Regional Medical Center located at 225 Williamson Street, Elizabeth, NJ 07202. Summer 2023 (July/August/September)

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President's Message

Welcome to summer and our new issue, which is all about getting connected, staying connected and celebrating the myriad connections that take us through life. Talk about fertile territory! In "Life Saving Ride Along," we highlight the ARRIVE Together program, which Trinitas helped to pioneer. Our team of certified behavioral health screeners has been accompanying police calls to de-escalate situations involving people in distress and ensuring they get the services they need.



We have no fewer than three stories that address the implications of Artificial Intelligence on the future of our homes, our families and our health. And as always, we've had some fun with our theme, exploring New Jersey's weird and wonderful connection to Napoleon, Machiavelli, Marilyn Monroe, W.C. Fields, Dwight Eisenhower and Dr. Martin Luther King.

We have also connected with two remarkable celebrities, Leslie Bibb and Justin Sutherland. Leslie, our cover girl, began her career as a fashion model until, one day, she walked into an acting class and realized this was the creative bond she had been searching for. She absolutely lights up a screen. Justin, who authored our food story, is a familiar face to fans of culinary TV shows. He gained a deep appreciation for the healthcare industry after surviving a near-fatal boating accident last summer.

Finally, we have devoted a section of this issue to celebrate the remarkable career of Gary S. Horan, my predecessor as President and CEO of Trinitas. To say he set a high bar would be an understatement. If you know Gary, you'll love our tribute. If you don't know him, here is a chance to appreciate the work of someone who changed the face of healthcare in our state.

Enjoy the warm weather,

Nancy DiLiegro

Nancy DiLiegro, FACHE
President & Chief Executive Officer
Trinitas Regional Medical Center

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A Taste of Northern Soul

Forget about math...food is the universal language.

By Justin Sutherland

As a child, I loved to eat. Food was everything to me. In fact, it's been said that my first word was "bread." It's hard to find a picture of me as a toddler without a piece of bread in my hand or my mouth. My favorite toys were the pots and pans and wooden spoons in the kitchen. At age five, when most boys wanted a new Tonka truck, I asked for an Easy-Bake Oven. I received one and I used it to create my first masterpiece, a chocolate cake baked with the heat of a 100-watt lightbulb.

From the beginning, the near-sacred importance of sitting down to a meal as a family was ingrained in me. My parents divorced when I was young. My mother, who was a flight attendant and often traveling, still always made sure we sat down at the dinner table and ate together. Even preparing for and cleaning up after the meal was a family affair: One brother set the table, one cleared the table, and one swept the floor, and everyone helped with the dishes (although not without the occasional pushback). Our meals were never fancy,



Courtesy of Justin Sutherland

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and my mother's signature dishes are still my three favorite meals of all time—but only when cooked by her: spaghetti with meat sauce, tater-tot hot-dish with chicken and broccoli, and her famous fried rice.

It wasn't until I started eating at friends' houses at sleepovers that I realized how special our mealtime really was. I come from a very diverse and multicultural family. On my mother's side, my grandmother Masako came to this country from Japan during the Korean War speaking no English and at a time when the United States had poor relations, to say the least, with Japan. She wasn't allowed to bring any of her culture to this country for fear of repercussions from the United States government. My grandfather on that side is a 6-foot, 5-inch Viking of Norwegian descent, a product of the Great Depression, from a family of farmers and carpenters.

On my father's side, I am the descendant of slaves and sharecroppers. My grandfather, Harold, came up from Mississippi and settled in Waterloo, Iowa, with my Grandma Zona. Food was Zona's love language and her food was the start of my love of soul food and barbecue.

It was the combined cultures of my family that gave me my first glimpse into the vast possibilities that foods brought to the world. The day I realized that not all family dinners consisted of Southern collard greens, Japanese sushi, and Norwegian lefse (a potato flatbread), all together on the same table, was the first time I realized we were different. I loved it and I wanted to learn and experience more.

With my Grandma Masako unable to truly share her culture, or even to teach her own children her language, her food was the gateway to her story. At a young age, I followed her around the kitchen, tasting everything from rice balls filled with pickled plums to somen—or, as we called them, "summer noodles"—pickled daikon and mochi, to tonkatsu and, my all-time favorite, sukiyaki, a one-pot family-style dish that filled my

brothers and me with so much joy every time she shared it. Whenever we could, we would invite our white American friends to her house to share our grandmother with them and let them experience this magic in a pot.

Burnell, my Norwegian grandfather, taught me the importance of respecting food. He taught me that no meal was ever complete without a slice of bread with butter and a glass of cold milk. As a product of a farming family during the Depression, he instilled in all of us the rule that we must never waste food, and, if food was prepared for you, you ate it all. Even when he became financially secure, he still would cut the mold off a block of cheese, because the rest of it was still good and not to be wasted. And you never left the table until your plate was clean.

Burnell gave me an appreciation for good, wholesome Midwest comfort food. He was all meat and potatoes. His wife, my Japanese grandmother, learned how to prepare pot roast, Swedish meatballs, spareribs with sauerkraut, and meatloaf. Burnell and I would make a weekly trip to the VFW post for the lutefisk dinner—the lye-soaked fish covered in a mystery white sauce alongside what had to be boxed white potatoes. But I always cleaned my plate, because that's what you did when you ate with Grandpa. These foods were humble, but to this day, they always remind me of the importance of respecting food. Nothing must be wasted, and a meal is never complete without bread and butter.

Grandma Zona was the Big Mama to her neighborhood. She was a mother to so many neighborhood kids and, although she never had a lot of money, she always made sure that anyone and everyone who came to her table was fed. From church basement lunches (which were sorely needed after a five-hour Methodist service) to Saturday cookouts to every meal in between, she loved to cook, she loved to serve food, and she loved to protect.

It was something of a culture shock when we would travel from our suburban life in Apple Valley, Minnesota, to visit Grandma Zona in what, in my young mind, was “the hood.” There was clearly a disparity between what I had at home and what I experienced in her neighborhood. But I found a very tight-knit and connected community there. It gave me a chance to experience a different way of life—sitting on the front stoop shooting dice, foolishly playing chicken with oncoming trains, or riding bikes to the corner store to get my uncle a pack of cigarettes, knowing I would be able to keep the change to buy a couple Laffy Taffy candies or Lemonheads. With my brothers and cousins, I explored the many abandoned houses and we would take off running when we found a squatter. It was such a different life from where I lived, but I loved it.

All of the happiness and connection in this community was most visible in its food, and especially its soul food. In Grandma Zona's kitchen, it seemed as if there was

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always a pot of collard greens on the stove, someone cleaning chitlins with a toothbrush, and a vat of hot oil just waiting for perfectly breaded chicken to be submerged.

Then there were the barbecues. Now, we aren't talking about the weekend warriors with their Big Green Eggs or other trendy smokers or grills in the driveway. This was the whole neighborhood coming together at a local park to cook, commune, and throw down. It was the deacons from church alongside the neighborhood drug dealers, gang members of different affiliations, absent fathers, and baby mamas—and everyone was somehow your cousin. They all put everything aside to come together to grill and eat. My uncle Hawkeye always manned the grill with his 40-ounce beer in one hand and the barbecue didn't stop until there were no more coals. This food spoke to me. It was something more than a meal. It had heart. It tasted like family.



But what it really was all about, I believe, was that it had *soul*.

My life continued on this path, in which the love of food shared with my family was at the center of everything that mattered, for many years. As I matured, I became not just an observer of food but an active student of it. I ate everything I could, everywhere I could. I especially found myself wanting to learn more about the South, about soul food—the food that spoke to me most.

When I decided to turn food into a career, I moved to Atlanta. I had gone earlier to business school, but at the suggestion of my father, Kerry, and with a lot of encouragement from him and others, I decided to pivot in a new direction and go to culinary school. I chose Atlanta because I wanted to be close to the foods of the South and the people who mastered them. I began to explore firsthand the dining and cooking of the South, from New Orleans to St. Louis, Mississippi to Georgia, Alabama to Texas. Spending time in these places filled my nose with the smells of soulful foods. It filled my stomach with their flavors. And it fed my soul.

When I moved back home to Minnesota and decided to open my first restaurant, Handsome Hog, the most important thing for me was to share those feelings and experiences. As my Grandma Zona had done for me, I wanted to welcome everyone to my table and help feed their souls. And I want to pay homage to the memories and the feelings of that soul food...the food that was smuggled into the United States by my ancestors—beans and seeds hidden in the hair of West African women in the slave trade who were stolen from their homes as labor to build this country.

This food encompasses the unwanted scraps that were discarded and left to our people, and that have now become sought-after delicacies. This is food that was enjoyed in generations of Southern restaurants, with white owners in the front while the true culinary geniuses worked out of sight in the back. In the book *Northern Soul*, I tell these stories through the lens of

all of my experiences, not just my origin and my family, but also through my training in classic French cuisine and fine dining, and my many years of national and international travel—for which I thank my flight-attendant mother. As a born Northerner, this is the food that resonates with me, that feeds my soul. The recipes in *Northern Soul* are the stories of my life. Here are three that celebrate the bounty of summer—not just in New Jersey, but wherever you happen to call “home.”

Watermelon Salad with Bourbon Vinaigrette

SERVES 6 TO 10

Nothing signals the arrival of summer like watermelon! This salad is a fresh way to enjoy this amazing fruit and will definitely make you the star of the BBQ. Just remember: If you swallow a seed, a watermelon might grow in your stomach!

- 1 medium watermelon, seeded and cut into 1-inch (2.5 cm) cubes
- 2 English cucumbers, seeded and cut into 1/2-inch (1 cm) slices
- 2 cups (40 g) baby arugula
- ¼ cup (35 g) sliced pickled chiles
- 1 large shallot, cut horizontally into thin rings
- ¼ cup (25 g) toasted pecans
- 1 tablespoon (18 g) smoked salt

- Toss together the watermelon, cucumbers, arugula, chiles, shallot and pecans in a salad bowl.
- Toss the salad ingredients with the vinaigrette (below), sprinkle smoked salt over the top and serve.

Bourbon Vinaigrette

MAKES ABOUT 3 CUPS (705 ML)

A delicate part of this recipe is igniting the bourbon to cook off the alcohol and enhance the deep, smoky flavors that make it so distinctive. Cook the reduction in



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a well-ventilated space and over a low flame to prevent any loose clothing, or, in my case, substantial facial hair, from catching fire. That will ruin any party.

- 1 cup (235 ml) bourbon
- ½ cup (176 g) Dijon mustard
- 2 tablespoons (22 g) whole-grain mustard
- ½ cup (118 ml) apple cider vinegar
- ¼ cup (40 g) minced shallots
- 2 tablespoons (26 g) sugar
- 1 tablespoon plus ¾ teaspoon (7 g) freshly ground black pepper
- 1 ½ teaspoons kosher salt
- 1 cup (235 ml) extra virgin olive oil

- Heat the bourbon in a saucepan over medium heat until the fumes ignite. Continue to cook over low heat, swirling constantly, until the flame dies out. Remove from the heat and allow to cool to room temperature.
- Whisk together the bourbon, both mustards, vinegar, shallots, sugar, pepper, and salt in a large mixing bowl. Slowly drizzle the olive oil into the bowl while whisking vigorously to emulsify.
- Serve immediately or store in an airtight container in your refrigerator. Allow to come to room temperature before using.



Asha Belk

Shrimp Po'Boy

In my dreams, I walk into a perfectly manicured backyard garden surrounded by my friends. The magnolias are in full bloom. Someone places a tall bourbon cocktail in my hand. I can smell the smoke and caramelizing meat of a well-tended barbecue pit and there—on the buffet table—next to a mountain of shucked oysters on ice, acres of deviled eggs, and a bowl of hush puppies, is a pile of shrimp po' boys stacked like cordwood. There's one for everybody, and they're still warm. I'm passing along this recipe because I want you to help make my dream come true.

MAKES 2 SANDWICHES

Peanut oil for deep-frying

12 large (size 16/20) shrimp, peeled and deveined

1 cup (140 g) finely ground cornmeal

½ cup (63 g) all-purpose flour

½ cup (50 g) Cajun Seasoning (page 13)

½ cup (118 ml) buttermilk

2 hoagie rolls

¼ cup (63 g) Remoulade

½ cup (28 g) shredded iceberg lettuce

2 plum tomatoes, cut ¼-inch (6 mm) thick

- To make the shrimp, heat the peanut oil in a deep-fryer or Dutch oven to 350°F (177°C). Set out a wire rack for draining the fried shrimp.
- Make a dredge for the shrimp by combining the cornmeal, all-purpose flour, and Cajun Seasoning in a bowl. Submerge the shrimp in the buttermilk. Remove them, let them dry briefly, then toss them to coat in the dredge.
- Working in batches, fry the shrimp for 2 to 3



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minutes until golden brown and cooked through. Drain briefly on the wire rack.

- To assemble the sandwiches, slather the insides of the hoagie rolls generously with the remoulade. Add the iceberg lettuce and sliced tomato, and finish with the breaded shrimp, fresh out of the deep-fryer. Serve immediately.

Go-To Cajun Seasoning

All of the ingredients in this recipe should be stocked in your pantry for use individually from time to time, so picking up any you may be missing is doing yourself as great a favor. Keep this blend at the ready for all sorts of meat, vegetables and seafood that make their way into your kitchen.

MAKES ABOUT 2 CUPS

½ cup plus 2 tablespoons (53 g) ground cayenne
¼ cup (75 g) kosher salt
¼ cup (36 g) garlic powder
¼ cup (28 g) sweet paprika
2 tablespoons (14 g) onion powder
2 tablespoons (5 g) dried thyme
2 tablespoons (6 g) dried oregano
2 tablespoons (12 g) freshly ground black pepper

- Mix together the cayenne, salt, garlic powder, paprika, onion powder, thyme, oregano and pepper in a bowl.
- Use immediately or transfer to an airtight container and store in a cool, dark place for up to 4 weeks.



Asha Belk





Asha Belk

Lobster Étouffée


Étouffée means stuffed or smothered. This dish is smothered in deliciousness, not to mention topped with a whole lobster tail. This ain't your grandma's étouffée.

SERVES 4

- 6 tablespoons (85 g) unsalted butter
- 2 cups (320 g) diced white onion
- 1 cup (150 g) diced green pepper
- 1 cup (120 g) diced celery
- 4 garlic cloves, minced
- ¼ cup (31 g) all-purpose flour
- 2 cups (390 g) uncooked white rice
- 2 quarts (1.9 L) shellfish stock, seafood stock, or fish stock
- 1 (15.5 ounce / 439 g) can whole tomatoes, drained and coarsely chopped
- 3 tablespoons (36 g) Cajun Seasoning (page 13)
- 1 tablespoon (15 g) habanero hot sauce
- 1 tablespoon (2 g) fresh thyme leaves
- 2 bay leaves
- 2 tablespoons (28 ml) Worcestershire sauce
- ¼ cup (59 ml) fresh lemon juice
- 8 ounces (225 g) lobster claw meat
- Salt and freshly ground black pepper to taste
- 4 small to medium lobster tails
- 4 lemon wedges

- In a large skillet or Dutch oven, melt 4 tablespoons (55 g) of the butter over medium heat. Add the onion, green pepper, celery, and garlic and cook for 2 minutes, stirring often. Whisk in the flour until a roux just begins to form, 2 to 3 minutes more.
- Cook the rice according to the package instructions and keep warm, if necessary, until it is needed.





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Too Much Is Sometimes Just Enough

While food waste is a legitimate, pervasive issue in our country, the last thing you want to do as a “hospitalitarian” is run out of food. It’s always a good idea when entertaining company to make that one extra dish and have those extra couple of portions on hand. Trust me. The recipes in *Northern Soul* will blow your loved ones away, and they’ll want more.

What to do with leftovers? Instead of loading up on plastic re-sealables at the grocery store, go down to your neighborhood restaurant—the one you love that does those great soups and uses biodegradable take-out containers—and ask how much they would charge you for a dozen with lids. Pay what they ask—and leave a tip. When dinner is over and your brother-in-law is still eyeing the hush puppies and the last four shrimp on the serving platter, offer him a serving spoon and one of the take-out



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- Add the stock to the vegetable-roux mixture and stir thoroughly, taking care that there are no lumps in the roux. Add the tomatoes, 2 tablespoons (24 g) of the Cajun seasoning, hot sauce, thyme, bay leaves, Worcestershire sauce, and lemon juice. Bring to a low simmer and cook for 30 minutes, stirring occasionally.
- Add the lobster meat and cook for 5 minutes more. Add some additional stock if the sauce is too thick. Add salt and pepper to taste and keep the mixture warm over low heat.
- With kitchen scissors, cut a slit in the top of each lobster tail from the front to the end of the tail. Using a fork or spoon, pull the tail meat out through the slit and let it rest on top of the shell.
- Preheat the broiler to 500°F (250°C). Meanwhile, transfer the tails to a broiler-ready sheet pan. In a

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separate pan, melt the remaining 2 tablespoons (28 g) of butter. Brush this butter onto the lobster tail meat and sprinkle the remaining 1 tablespoon (12 g) of Cajun seasoning on top. Broil the tails for 6 to 8 minutes, until the meat is cooked through.

- Divide the rice among 4 plates. Pour the sauce over the rice and top each serving with a lobster tail. Serve with lemon wedges.

A dear friend of mine often says, "Everything good in my life started over a meal." No words ever rang truer. Food is so much more than a means to an end. More than just the calories and nutrients that sustain our physical lives, food is a fuel that powers us spiritually and emotionally, too. Food tells a story, evokes memories, bridges gaps and connects humanity by a singular thread. **EDGE**

Editor's Note: Justin Sutherland is familiar to EDGE foodies for his appearance on *Top Chef* and his victory on *Iron Chef America*, as well as a hosting gig on *Fast Foodies*. He completed *Northern Soul* in 2022 while recovering from a near-fatal boating accident. He narrowly escaped the loss of an arm and an eye, but is back in the kitchen and on his way to a full recovery. Justin was recently featured in a segment by friend of EDGE Tamron Hall on her talk show...and his book has since taken off. It is available from The Harvard Common Press, an imprint of The Quatro Group.



Courtesy of Justin Sutherland

Asha Belk's food photography has been featured in several books and magazines. In 2021, her work documented the civil unrest following the death of George Floyd.

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?

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

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No Small Matter



Your smart home network is about to get a lot smarter.

By Mike Lane

Remember when you first heard the term *smart home*? For many, those words held the promise of a simple, secure and efficient way for a house or apartment to run itself, with minimal human input and maximum human benefit. The reality, as it unfolded, was something a bit different.

Smart-home devices required a certain comfort level and intuitiveness with technology that not all

of us possessed (as well as a higher-than-normal exasperation threshold). Also, as smart as smart homes were, they weren't always secure. Something as simple as a networked light bulb presented an opportunity (theoretically, at least) for hackers to infiltrate the app that enabled you to turn it on and off. Perhaps the most annoying aspect of the early smart homes was that it took a low-level genius to remember how to use all of



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the different apps unless you purchased everything from the same company. Not surprisingly, *Smart Homes for Dummies* went through several printings. Some consumers just gave up and came to terms with owning a stupid home. Myself included.

The leading companies competing for the smart-home dollar saw this day coming. They banded together a few years back to create a common language (aka “unifying standard”) that would enable people like yours truly to set up and use smart-home products across multiple platforms. They formed the Connectivity Standards Alliance (CSA) with the goal of simplifying the Internet of Things, or IoT. In the case of the smart home, IoT is shorthand for the various physical objects that are part of a network that shares data and information with other physical objects and which, ideally, you control with a voice command or touchscreen. In other realms, say agriculture, farmers could communicate with their crops via environmental sensors to maximize yields.

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Threading the Needle

The backbone of Matter is the low-power, IP-based mesh networking protocol called Thread, which (like Matter) was developed by a consortium of smart-home competitors around eight years ago. It was created specifically for IoT devices to address the frustrations of early

smart-home adopters around reliability, connectivity, security and speed. Think of it as Bluetooth on steroids. Thread's board of directors includes executives from several important stakeholders, including Google, Apple, Amazon, Samsung and Qualcomm. The key thing for consumers to understand about Thread is that it enables devices to communicate without having to have a central hub, which not only speeds things up but also works better in a big house. Also, if your internet goes down, devices on Thread will "self-heal" and continue to communicate.



Last fall, CSA rolled out Matter, a single protocol to connect devices and systems to one another. It makes smart devices from different companies compatible and simplifies the development process for future products. It represents a huge step forward in terms of attracting the tech-adverse to cutting-edge smart technology. It enables internet-connected devices, big and small—from *competing manufacturers*—to communicate simply and securely.

I have started to notice the three-sided Matter logo (*above*) on packaging on recent shopping excursions. It tells you that the device or appliance will be able to connect with the other smart products in your home through Siri, Google Assistant, Alexa or some other hub. Set-up is simpler and voice-control of "everything" should be achievable with a minimum of technical expertise. This summer, I plan to give it a whirl—not a small step for me and my spouse, who have spent years operating our various smart devices one at a time and actually disconnected our "Hey Google" assistant.

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In case you hadn't figured it out, we occupy an older demographic than the early adopters that embraced that first wave of smart-home products. As we stood on the sidelines, waiting to matter enough for something like Matter to come to market, we often felt like second-rate consumers. It was kind of a head-scratcher. We are not what I would call tech-adverse and, more to the point, we were ready to buy a bunch of new appliances and things like stereos and TVs—but didn't want to invest in equipment that would have required us to use multiple networks to operate them. We left a lot of money on the table while manufacturers spent countless millions trying to outmaneuver one

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another and capture a lion's share of the marketplace. Now when we need to replace something (our refrigerator is making odd noises so it will be next) we will be looking for the Matter logo and folding it into our increasingly less-stupid home.

So who exactly is making our home smarter? A consortium of companies with skin in the electronics game that includes Apple and Amazon. These two support-friendly companies learned a lot from stressed-out customers over the years and are at the forefront of the Matter protocol. If you use Alexa or Siri or another Matter-compliant platform, every smart device you own and plan to own should join the network minus all of the annoying apps and passcodes and registration hassles without (and this is key) compromising your home network's security. Set-up involves scanning a code or holding your smartphone near a new device or appliance and letting Matter mostly do the rest.

Right now, more than 200 companies are out there developing stuff for the Matter platform. This is encouraging, because there is widespread acceptance of Matter in the electronics industry, which means it is unlikely that a Matter "competitor" will arise to complicate life all over again. As for older smart-home devices, most should offer the opportunity to update their firmware and join the new network through Matter bridges. A few, unfortunately, probably won't. Among the more recognizable brands among the 200-plus that are making Matter-compliant products are Google, Samsung, GE, Belkin, and Philips, along with the aforementioned Amazon and Apple. As of May 2023, more than 700 different products had been certified by CSA to work on the Matter wireless standard—not bad, considering there were just a handful available last Christmas. **EDGE**



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DOUBLE VISION



New Jersey's Top 10 Twins

They say that twins share a special connection. In the case of these celebrity sets—some identical, some not—they have taken *special* to a whole new level...



Ken Hackman

Lou & Ed Banach
Wrestling
Sussex County

Lou and Ed Banach went into foster care (and were later adopted) after a fire destroyed their home and their mother suffered a nervous breakdown.

The fraternal twins became football stars and champion wrestlers after moving to Port Jervis, NY, cobbling together a home gym from heavy iron parts found along the railroad tracks near their house. After All-American grappling careers, they entered the 1984 Olympics. Ed shook off a concussion to win a gold medal at 198 pounds and Lou took home gold wrestling one division higher, as a light heavyweight.



NASA

Mark & Scott Kelly
Aerospace
West Orange

As identical twins, the Kelly brothers enabled

NASA to gauge the effects of microgravity and radiation on the human body when Scott lived and worked for a year on the International Space Station and Mark remained on earth as the "control" subject. Scott's first space flight was in 1999 as pilot of the Space Shuttle *Discovery*. Mark piloted *Endeavour* into orbit in 2001. Mark devoted himself to political activism after his wife, US congresswoman Gabby Giffords, survived a 2011 assassination attempt. He was elected to the US Senate in 2020 in a special election and was reelected in the 2022 general election.



Rutgers Athletics

Patty & Mary Coyle Basketball • Rutgers

In 1982, the Association for Intercollegiate Athletics for Women (IAAW) held its final national championship before giving way to the Women's NCAA Tournament. Rutgers,

powered by twin guards Patty and Mary Coyle—who honed their skills on the Philly playgrounds—edged host school Villanova in the semifinals and scored a huge upset over powerhouse Texas in the final. Mary picked apart the Longhorns' full-court press and Patty scored 30 points to win the tourney's MVP award. The Coyles each went on to successful coaching careers and were inducted into the Rutgers Athletic Hall of Fame. In 2022, they were featured in the documentary *Forgotten Champions: How an Underground Rutgers Squad Made Women's Sports History*.



Loshak Public Relations

Kenny & Keith Lucas Entertainment • Newark

Kenny and Keith Lucas were born in Newark, graduated from Irvington High School and TCNJ, and then attended law school (at NYU and Duke, respectively) before leaving to start their entertainment careers. In addition to their regular gigs at The Comedy Cellar in New York, the Lucas Brothers are popular TV, radio and podcast talk-show guests. In 2021, they co-wrote and produced *Judas and the Black Messiah*, a film about Black Panther Fred Hampton, and received an Oscar nomination for their work.

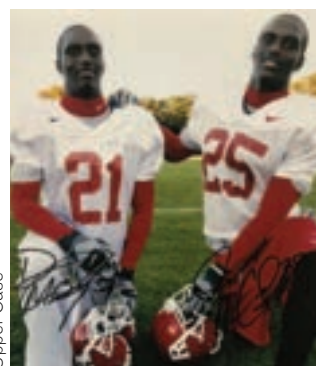


Warner Music

Christina & Michelle Naughton Music • Princeton

Born in New Jersey and raised in Madison, WI, the identical twin sisters began performing as a duo while they were

pre-teens and continued right through Juilliard and beyond, becoming international sensations. The original suggestion came from a concert promoter. "We said, *Sure, we'll give it a try*," Michelle recalls. "We worked on it, we performed, and something magical happened. We looked at each other and said, *I love this*, and we never looked back." In 2019, they became the first piano duo to receive Lincoln Center's Avery Fisher Career Grant.



Upper Case

Jason & Devin McCourtys Football • Rutgers

The identical McCourtys grew up in Nyack and attended high school in Bergen County before starring in the defensive

backfield for Rutgers. Both enjoyed long NFL careers—Devin with the New England Patriots and Jason mostly with the Tennessee Titans. In 2019, after Jason joined the Patriots, they became the first set of twins in NFL history to play together in the Super Bowl. The McCourtys were named New England's team captains in 2020.

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Johnny & Eddie O'Brien Basketball & Baseball South Amboy

The O'Briens were identical twins, but as their athletic careers unfolded, Johnny became the more accomplished brother. He led the nation in scoring for the

University of Seattle and spearheaded a historic defeat of the Harlem Globetrotters in a fiercely contested 1952 "no-clowning" charity game. During their varsity hoops career, the twins combined for nearly 4,000 points. After college, Johnny and Eddie, who formed a slick double-play combination, were signed to play baseball with the Pittsburgh Pirates and enjoyed brief big-league careers.

Denise & Dennis Mitchell Track • Winslow Township

The fleet-footed twins started making headlines for Winslow-Edgewood High in the 1980s when Denise shaved an unheard-of three full seconds off the state 400-meter record; it took 19 years for another runner to better that mark. Dennis went on to become a 12-time college All-American and ran with fellow New Jerseyan Carl Lewis as a member of the gold medal-winning 4 x 100 team in the 1992 Olympics. He was still winning 100 meters championships in his 30s.

Syracuse Athletics



Walter & Milton Singer Football • Jersey City

During the early 1930s, the identical twin Singer brothers were the most talked-about athletes in Jersey City. The rock-solid six-footers starred for the Dickinson High School football and baseball teams. Milt was an all-state running back and Walt was an all-state end. As seniors in 1930, they led the Rams to an unbeaten

record and state championship. They went on to star in multiple sports at Syracuse University, where Walt also won the intercollegiate heavyweight boxing crown. Walt played pro football with the Giants and was a member of the 1934 championship team.

Simone8



Doug & Mike Starn Art • Vineland

The identical Starns began working together on photography and art projects in their teens and have been pushing the limits of art, architecture, painting, video and furniture design by constantly combining and re-combining their areas of interest and expertise. In 2010, their *Big Bambu* installation atop the Metropolitan Museum overlooking Central Park drew hundreds of thousands of art lovers. The Starns' work is in the collections of the Art Institute of Chicago, Museum of Modern Art in New York and the Museum of Contemporary Art in Los Angeles.

"HONORBALE MENTION"



Upper Case

Tom Kelly • Twins Manager

Several New Jersey baseball players have suited up for the Minnesota Twins, but Kelly—who grew up in Sayreville—was the only one to manage the club to a pennant. He did so in 1987 and again in 1991, and won the World Series both times.

Danny DeVito • Co-Star of *Twins*

The Neptune-born DeVito co-starred with Arnold Schwarzenegger in the 1988 blockbuster *Twins*, which grossed \$200 million. They joined forces again in 1994 on *Junior*, which bombed at the box office.



Universal Pictures



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Jose and Ozzie Canseco • Newark Bears

The Cansecos attempted to revive their flagging baseball careers with Newark's independent minor-league club in 2001. Jose, a six-time All-Star and one-time MVP, was more well-known than his identical-twin brother. Playing together as boys, Ozzie did most of the pitching and Jose did most of the hitting, which turned out to be a smart move for the two-time home run champion.

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EDGE

interview

Leslie Bibb

If you feel as if you've seen **Leslie Bibb** "in everything," there are two reasons why. There is very little she has *not* accomplished in film and television, and she possesses a rare talent for lighting up a scene whenever she steps in front of the camera. And no one is better at getting a laugh. After a successful modeling career, Leslie rocketed to stardom as the star of the WB comedy-drama *Popular* and raised the bar higher yet with a tour de force as Carley Bobby in *Talladega Nights*. Her film work includes the *Iron Man* franchise, *Law Abiding Citizen*, *No Good Deed*, *Tag*, *The Lost Husband* and a sneaky-smart dark comedy called *Miss Nobody*. Her TV credits number in the many dozens, including memorable turns on *ER*, *Crossing Jordan*, *GCB* and *American Housewife*. In *God's Favorite Idiot*, she played Satan and in *Jupiter's Legacy* she played a superhero mom. Needless to say, Leslie does not shrink from a challenge. She sat down with **Gerry Strauss** for an energetic, wide-ranging discussion

Tina Turnbow



of her life and career, and her two newest projects, *About My Father* and *Palm Royale*.

EDGE: When you were growing up, were you thinking about a life in modeling and entertainment?

LB: Being from Virginia and growing up in a very country sort of town, it still seems crazy to me. I was coming out of a movie theater with Sam [Rockwell], and he said, "Cookie, there's your poster." I walked over and I looked at it and I just saw like, Sebastian Maniscalco, Robert De Niro, Leslie Bibb. And I was like, *What?* It's surreal. Growing up, I wanted to get into the University of Virginia and thought I might go into politics, because I was a page in the General Assembly and my mom ran campaigns. Later, she was the Director of Consumer Affairs for the Commonwealth of Virginia. I thought I wanted to be a lawyer and sort of segue into politics. I won this contest on Oprah Winfrey and it changed the

trajectory of my life. My father had died when I was quite young and my mom raised me and my three older sisters. We weren't a family that traveled. Before my mother and I moved to Richmond, we lived in Lovingson, which was such a country town—like if you needed new sneakers, you had to drive 35 miles to Charlottesville. Our big thing was we went to Virginia Beach. One time we went to Disney World. Suddenly, I was traveling to Europe. It was definitely wild. [Laughs] I'm grateful and feel like something in this lifetime I did right. It feels good.

EDGE: How did you get involved in the modeling contest?

LB: My sister Trish called my mom and said, "Hey, Oprah Winfrey is sponsoring this model search. You should take a couple pictures of Leslie and send them in." My mom shot a whole roll, but she wasn't a good



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photographer, so there were literally two that weren't, like, a blur. She sent them in and I was one of 63 girls picked out of 6,000. Wow! Then we got narrowed down to 20. They flew us into Chicago for the weekend and we filmed an actual *Oprah Winfrey Show*. It didn't even make sense to me...it felt like I was living a fairytale. And then I won! It was crazy. That summer I went to Japan and started modeling at 16. I was able to start paying my own way, which was a really nice thing for my mom, who'd been pretty selfless with us. Then I fulfilled the dream of getting into UVA.

EDGE: But you left college as a freshman. Was that a difficult decision?

LB: In high school, I could go to New York and do a catalog or a *17 Magazine* shoot and miss a week of school. I couldn't do that in college. That first semester, I couldn't find the balance between the two. I was walking back to my dorm on a Saturday night after a fraternity event where I saw some [disturbing stuff] happen and something crystallized and I realized I had to abandon what I thought I was going to do my whole life, leave college and go to New York. I just kept telling myself, *You have a job and we'll see what happens*. That Monday, I went into the dean's office and I asked for a leave of absence. I called my mom and to her credit, she was great. I said, "It's only a semester. I'm only taking off a semester [laughs]. I swear." UVA was a really good school and I worked really hard to get into it my whole life. Every time you studied and every time you did something it was to get into this school. And then to abandon that for something so weird like going to New York to be a model? I knew I wasn't going to be a big model, like those girls you see walking around town. I'm not that pretty. I'm not that tall. I'm not special in that way. But I moved to New York on January 5th and I've never looked back. I'm so in love with the city, even when it makes me crazy. The minute I got here it made me feel like I was home. I mean, I remember when I was 16 in the model apartment



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Tina Turnbow

that Elite had me in, looking out the window and just being in awe of it. So it feels to me like a warm hug, New York City.

EDGE: Were you acting at this point?

LB: Our high school didn't have a big arts program and I just wasn't hip to it. So, it wasn't like I always knew I wanted to be an actress. But now, when I look back, I'm like, *Oh, comedy—of course!* It makes sense to me because all I was doing was watching Carol Burnett and Tracey Ullman as a kid. Yeah. I didn't understand what was seeping in at the time. Within a year of moving to New York, I found acting and the minute I walked into the Maggie Flanigan Studio it just went great. I was like *I'm with my people*.

EDGE: Your first recurring character was Brooke McQueen on the WB series *Popular*, which brought

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a whole new level of attention. How did you process that?

LB: This is pre-Twitter, pre-Instagram so [television] was the world. It was a very sort of G-rated popularity, you know what I mean? People were still kindhearted and not troll-y. I look at young actors now who are coming up and I really feel for them, because it was kind of Utopian. You went to the Nickelodeon Kids Choice Awards or the Teen Choice Awards. It was exciting and cool and wonderful.

EDGE: Was the success of *Popular* validating for you, not getting the immediate feedback of social media that you have now?

LB: It was validating but you know what's funny? I didn't really feel that while we were filming *Popular*. I feel it more now. I would say once a week somebody stops



Dan Anderson/Lionsgate

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me and goes, "I loved you in *Popular!*" Carly Pope, who played Sam McPherson on the show and is still like my sister—we're forever tethered to each other [laughs]—I don't think we realized what was happening or the impact we had. We were kids, you know, and you think, *Oh, this happens every day. You get to be the star of a show every day. And then the show goes away and you're like, Oh no, now I'm just a working actress who has to hustle for another job.* But you're such a kid. You're just like, *I can do anything. Yeah. What's next?* Back then, remember, you had pilot season. You didn't have all the streamers. There was NBC, ABC, CBS, Fox and the WB was like the new channel. So yeah, it was just really exciting. You're made of Teflon at that age; bullets just bounce off of you.

EDGE: In *Talladega Nights*, you're hilarious, you're in the room holding your own with Will Ferrell, John C. Reilly...

LB: ...Molly Shannon, Sacha Baron Cohen...

EDGE: Yes, so here's the question. Sometimes actors in a situation with established comic legends are there to kind of have that hilarity bounce off of them. You were in a situation where you had to volley back and give as much as you got. What's the key to walking in there and pulling that off?

LB: Thank you for saying that. Thank God I studied acting! I looked at Carley Bobby and just knew who she was. I had her so crafted in my mind and I was so rooted in that character. Don't get me wrong. In the audition with Will, when I had to screen test with him, my hands were shaking before I went in. But I'd strung these pearls and I came in with a beer can. Will was improvising, and then I improvised something about my pearls. [Director] Adam McKay asked, "What was that?" And I said, "I feel like Carley is the star of her own Country & Western love song [laughs]. I feel like her mama told her that pearls make you a lady, so she always wears pearls." To Adam and Will's credit, they made that playing field so easy. They give you a ball,

they give you a bat, they give you a mitt and they say, *Let's go!*

EDGE: What did you take away from that film about improvisation? Clearly there was a lot of that happening.

LB: Adam once said, "Never sit on an intention. Even if you say something and it goes south, it's not that the improv is wrong, it just falls flat. There could be something that we hit on that could lead to something great." It really was the best piece of advice because it is something I carry through in all my work. And I try to—whether it's a comedy or not—just trust my instinct. Which can be hard sometimes if you have a director that's sort of diminishing you or making you not feel safe, to remember to do that. But you *must* do that as an actor. Never, *ever* sit on your intention if your instinct is pulling you somewhere. Go with it.



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EDGE: Do you consider that your signature role?

LB: I do. I think it would be Carley Bobby. I don't think I knew that I could do that. That was the game-changer for me, in terms of believing in myself and trusting my instincts.

EDGE: You played reporter Christine Everhart in *Iron Man*, the very first movie in the Marvel Universe, and continued in that role on-screen and in voiceovers. How do you process the success of that franchise?

LB: In addition to being part of these movies that people watch and stream every minute of every day, I'm most proud of *Iron Man* because I think—not because I'm in it—out of all of those movies, *Iron Man* is the best and the most well-made. I remember when we were filming it, Jon Favreau saying to me, "I feel like we're shooting the most expensive independent film ever." Remember, Robert Downey Jr. was not *Robert Downey Jr.* yet. It was a big deal but it did feel like an independent film. It was not super cool, not this big, polished thing—even though it *was* very polished and very cool. What changed me was getting to see people like Robert and Gwyneth Paltrow work, and to work with Jon, who is one of my favorite directors because he is a great actor, which makes him a brilliant director. I did good work and I'm proud of it.

EDGE: This year, you're in *About My Father*, a comedy with acting legend Robert De Niro and one of the hottest standups, Sebastian Maniscalco. With everyone coming from different directions, how did you go about creating chemistry?

LB: Okay. So I think chemistry is something you never know if it's going to be good or not good. Luckily, we all had great chemistry and were fortunate enough that somehow that chemistry was translated to film. 'Cause sometimes you feel like it's happening, but then it falls flat. It's this weird thing. You can feel alive when you're filming it, but then when you see it, you're like, *Where*



Dan Anderson/Lionsgate

is it? Maybe the director filmed it in a weird way. Maybe the editor did something. Luckily, everything that felt so great when we did it in 2021 in Mobile, Alabama, when I saw it, I was like, *Oh, it's on screen!* The chemistry comes from David Rasche, Kim Cattrall, Anders Holm, Brett Dier, Sebastian (*above*) and Bob and myself. Everybody knew who their character was. Everybody had a very strong idea of what they were doing. If we started improvising something, our wonderful director Laura Terruso was always game. Her mom is Sicilian, so she knows this world and she was the best captain of a ship we could have had. She navigated this whole course for us. And you know, Sebastian and Austen Earl wrote a great script and I think it was on the page. Sebastian did an incredible job being number one on the call sheet and being the lead of a movie, which he'd never done before. He was a wonderful partner in crime. And I love Ellie, the character I play. I love her optimism and her indomitable spirit.

EDGE: Your other release this year is the Apple series *Palm Royale*, a comedy starring Kristen Wiig that features Carol Burnett in an impressive cast.

LB: I love Kristen Wiig so much and I feel like I grew as an actor, leaps and bounds, getting to watch that

woman work. Carol Burnett is so awesome. It's like crazy to me. Allison Janney, I mean, who doesn't love Allison Janney? Laura Dern who's just...I want a cup of whatever Laura Dern is drinking in life. God, she's such a force. Ricky Martin, Josh Lucas, me—it's 1969 Palm Beach, Florida and my character's just insane. I had never gotten to do something quite like this before. The show is quite big and I'm really proud of it. Most of my stuff is with Kristen; we're sort of each other's nemesis.

EDGE: You've done so much in film and television, what's out there that intrigues you as something different you'd like to do?

LB: I've always wanted to do a Western because I love riding horses. But I really want to direct, so that would be the next hat I'd want to wear, the next thing that I want to do for myself. Direct on a horse, maybe! But no, direct. I think that would be an incredible challenge. **EDGE**

Editor's Note: Leslie Bibb's decision to leave college and launch her career as a model and actress turned out to be a good one. To get the truth about this moment of truth, check out the extended version of her Q&A at edgemonline.com.

Connect the Dots

Was there any better feeling as a child than finishing a connect-the-dots puzzle to see the picture you'd created? Here are our picks for history's Top 5 Dots...

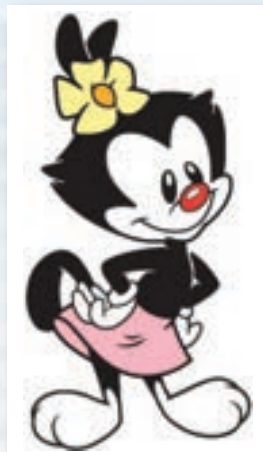


Dippin' Dots

The flash-frozen ice cream snack turns 35 this year. Because they are created with liquid nitrogen at a super-low temperature, you can't find them in the freezer aisle. More likely at a ballpark, arena, mall kiosk or vending machine.

Fictional Dots

The all-time greats include Dot Freeland (Frank L. Baum's follow-up to Dorothy), Dot Warner (the lone female *Animaniac*), Dot from *A Bug's Life* and Little Dot (the dot-obsessed Harvey Comics character).





Non-Fictional Dots

Dr. Dot Richardson (two-time Olympic gold medal shortstop), Dot Wilkinson (member of both the Bowling and Softball Halls of Fame), Dot Lemon (pioneering aviatrix) and Dot Farley (star of dozens of Mack Sennett film comedies).

DETS Candy

The gum drop you never bought at the movies or wanted at Halloween, but somehow couldn't resist—at the peril of crowns and fillings. Well, someone's eating them; last year Tootsie Roll Industries pumped out 4 billion of them.



The Dots in Ellipsis

One of the great forms of punctuation, which says so much by not saying anything. Among the masters of the ellipsis was *San Francisco Chronicle* columnist Herb Caen.



Honorable Mention

The Zen Dots font, the award-winning Dots video game, the Dots in Morse Code, Lego Dots, the Department of Transportation and slick-fielding Kearny, NJ, native Dots Miller of the Pittsburgh Pirates.

Photo Credits:

Dot and Tot • Geo. M. Hill
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Life-Saving Ride Along

*Trinitas mental health screeners partner
in a groundbreaking de-escalation program.*

By Mark Stewart

Ask any law enforcement professional what the most volatile response situations are and you'll get a near-unanimous answer: mental health crises. They can go sideways in an instant, putting the well-being of officers and the individuals in distress at grave risk. Nearly a quarter of

all people killed by police in America suffer from a known mental illness. They are far more likely to be injured in these encounters, too.

Existing research suggests that the presence of mental health professionals during a service call decreases the



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use of force and arrests, while increasing the use of mental health resources. In the spring of 2022, Trinitas helped put that research into real-world action when it joined a pilot program called ARRIVE Together, expanding an initiative that had begun in South Jersey to the cities of Elizabeth and Linden.

ARRIVE is an acronym for “Alternative Responses to Reduce Instances of Violence & Escalation.”

As part of the program, Trinitas has been providing certified behavioral health screeners to the Elizabeth and Linden police departments to respond to 911 calls involving mental health crises. The Trinitas screeners accompany plainclothes officers in unmarked vehicles on daytime calls, helping to defuse explosive situations and connecting those in crisis to appropriate mental-health resources. The program has already met its primary goal: to save lives and then start rebuilding them.

In recent years, police officers in New Jersey (and around the country) have found themselves increasingly having to deal with individuals in distress who have slipped through the cracks of social services, or whose conditions have worsened for myriad reasons, including stress related to the COVID-19 pandemic. Law enforcement training and experience covers these encounters to some extent, but it has become clear that a different type of “first responder” is often needed to ensure all-around safety and produce the safest outcomes.

In May 2023, the Brookings Institution released findings on ARRIVE Together, looking at data from more than 300 calls between December 2021 and January of this year—including critically important Officer Narrative Reports. Dr. Rashawn Ray, a Senior Fellow in Governance Studies, joined New Jersey Attorney General Matthew Platkin on a panel that included Lisa Dressner of RWJBarnabas Health, who is



Trinitas Regional Medical Center

Vice President of the Department of Behavioral Health at Trinitas.

Among the more noteworthy data unveiled by Brookings was that arrests were largely avoided on ARRIVE Together responses, and that use of force was avoided, as well, in more than 97% of the ARRIVE Together calls.

"In addition, we did not find racial differences in the likelihood of being arrested or a use of force," Dr. Ray points out. "That's huge given what we know about racial disparities. This is extremely important and, I think, extremely uplifting in terms of what we might see moving forward."

And move forward it will. In 2023, Attorney General Platkin expanded ARRIVE Together to additional municipalities, including Cranford and Roselle Park. In June, the program began to expand throughout Union County. Governor Phil Murphy has earmarked

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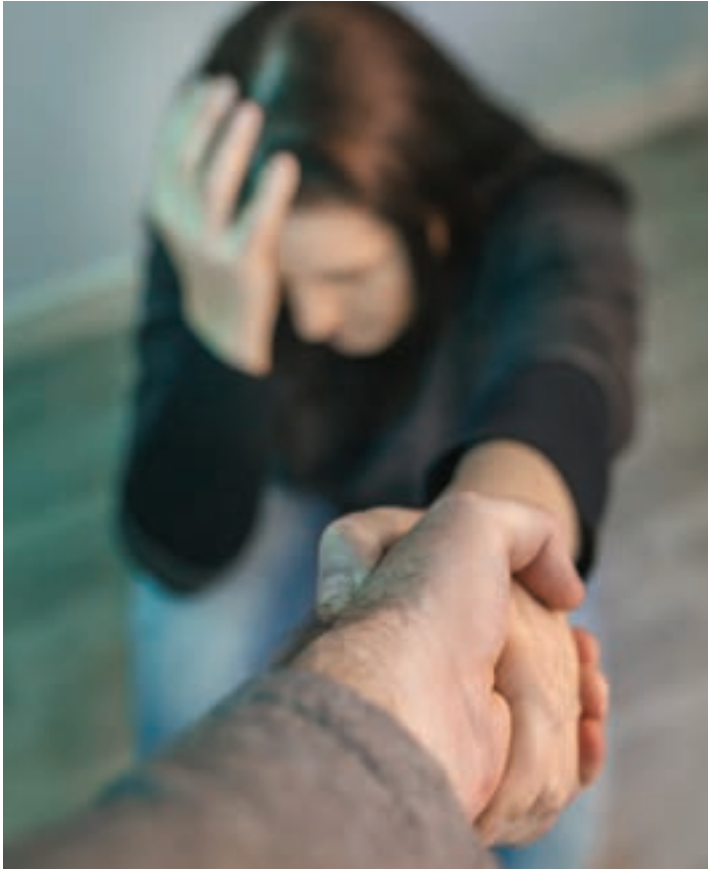


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\$10 million a year to support ARRIVE Together going forward.

"ARRIVE Together and specialized programs like this are critical in helping us to use best practices to most effectively respond to individuals experiencing a mental health crisis," Dressner adds. "It helps people trust that they can call for help when they need it and to ensure that the people responding to these mental health emergencies have the training and resources available, and that they provide people with the support they need—also that, when people do have to come into the hospital to be evaluated or be admitted, that they arrive safely." **EDGE**

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Deep Learning Curve

AI promises to play a game-changing role in radiology, but the algorithms have a long way to go.

By Mark Stewart

No topic has been hotter in the media this year than the coming of artificial intelligence. AI is getting better and getting faster and, some fear, getting a bit ahead of our ability to understand and control it. That is up for debate—and there *will* be debate—but most of AI's proponents are more focused on the best ways to harness it. AI has the

awesome potential to make us smarter, safer, faster and more productive. And that has people in the medical profession very interested.

The fact is that artificial intelligence is nothing new. You've been using it since the first time you followed directions from a GPS app. AI has been a part of



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medicine for a while now, too. Computer-aided detection, for example, was being used in mammography in the 1990s. And many FDA-cleared algorithms are currently in use, including at Trinitas. What's new are some profound advances in deep learning, which combines algorithms with massive amounts of input data to create a level of "expertise" that will enable doctors to perform faster and more efficiently. And theoretically, one day, AI will be able to see and predict things that humans cannot.

In radiology, AI has already revealed its game-changing potential. The digital images that have traditionally been interpreted by radiologists are now being translated into quantitative data, which is then used to create algorithms to detect anomalies that might be invisible to the human eye. This in turn can alert a doctor to a situation that he or she can address sooner than ever before.

If you know someone in the radiology field, then you know that it can be a high-stress job with little or no margin for error—either missing something important or producing a false positive. Sophisticated AI-supported clinical decision-making can only help.

Far From Perfect

Dr. Albert Li, a vascular and interventional radiology specialist—who considers himself the “champion of AI” in his practice—cautions that, although the potential is exciting, currently it's far from perfect. “Right now,” he says, “it's meant to augment the experience of radiologists, who are trained to interpret what the AI is telling them and then either accept it or dismiss it. The thing to understand about AI is that it doesn't ‘know’ what it's looking at—or what it means—it only understands how to look for the patterns it has been programmed to look for.”

Patients should be reassured, Dr. Li adds, that the algorithms currently being deployed are indeed meant to help radiologists perform more accurately and faster. They are good at detection (detection of tumors, detection of brain bleed) and at triage—in the sense that, when the computer sees a grave abnormality, it tells the radiologist to prioritize its interpretation.

“My goal as a radiologist is that AI must be safe for my patients—not to make money, not to generate revenue. Whatever we employ, it needs to be effective and safe.”

While the benefits of AI in respect to outcomes and patient safety are obvious, less obvious is the fact that the same deep learning skills can be applied to almost every aspect of the patient experience—from scheduling to imaging decisions to examination protocols, as well as managing workflow for the hospital staff, which has become a higher priority throughout the industry post-COVID. AI also has the potential to decrease by 30 to 50 percent the time it takes to produce a scan and to pull together an image, which enables radiology departments to see many more patients a day. And of course, AI doesn't get “tired.”

Needless to say, some big tech companies are working to make AI a bigger part of healthcare, including Google, Siemens and Canon.



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Big Picture

One area that could benefit greatly from AI is the whole-body scan. By measuring and analyzing hundreds of biomarkers, both individually and as part of the body's system, the chances of identifying and accurately predicting future medical issues are greatly increased. Right now, whole-body scans are too time-consuming and expensive to be available to the general population. That could change in the not-so-distant future as better deep-learning algorithms and scanning equipment are developed. For instance, AI may observe that a patient has a probability of developing a disease like cancer in the future, even though there is absolutely no sign of the disease at that moment. Dr. Li jokes that this reminds him a little of the movie *Minority Report*.

"I don't know that we'll see something like this in the next 10 years," he says. "A lot of people talk about diagnosis, but that's far away. The training data is not robust enough yet—we'll need more clean data to make that happen. On the one hand, it will take time; but on the other, it's becoming more robust because of better, cheaper computer power. That's actually where we've seen the biggest jumps recently."

Finally, AI holds considerable promise in an aspect of oncology that can be daunting for both the doctor and patient: deciding on exactly the right treatment strategy, especially as the number of therapeutic options continue to broaden. An AI-supported decision would take into account hundreds of data points (including genomic information) above and beyond the radiological data—and help doctors understand which patients might respond best to various therapies.

Again, the concept of deep learning is that, if you upload enough data, algorithms will start revealing patterns that humans don't see.

Will AI replace radiologists? That is highly unlikely. A machine can't look you in the eye and deliver good news or bad news or discuss options. Also, there is the issue of "machine drift," a somewhat alarming phenomenon that results from the fact AI equates "the past" with "the future"—producing some weird results. In the end, AI is merely a medical device and a doctor needs to be on the interpretive end of things.

While many in the medical profession were skeptical when the role of AI was first being brainstormed, few if



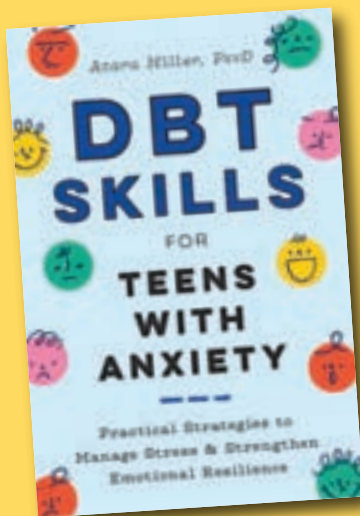
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any need much of a push to recognize its potential anymore. There is still some natural trepidation, but the promise of being better and more efficient at what they do—and having back-up support driven by an ocean of data—is increasingly appealing.

In the meantime, AI developers will continue working with radiologists and others in the medical field to not only ensure that their products meet expectations, but exceed them. **EDGE**

Editor's Note:

Dr. Albert C. Li is an Interventional Radiologist at Trinitas. He received his medical degree from Rutgers New Jersey Medical School and has been in practice for more than 20 years. For LDCT screening appointments, call (732) 955-8825. University Radiology at Trinitas is located at 415 Morris Avenue in Elizabeth.



New Book Release from the Trinitas Family

Over the past 30 years, dialectical behavior therapy (DBT) has helped millions of adults, teens and children learn to manage their emotions effectively. Psychologist Atara Hiller, PsyD, a valued contributor to EDGE and a longtime difference-maker in this field, has published *DBT Skills for Teens with Anxiety: Practical Strategies to Manage Stress and Strengthen Emotional Resilience*. A Co-Director of the Trinitas Institute for DBT and Allied Treatments, Hiller has created a helpful “how-to” for adolescents aimed at reducing emotional chaos, relieving anxiety and changing unwanted behavior—with an invaluable toolbox of DBT skills that can be used right away. They comprise practical therapy techniques from the five skills modules of DBT (mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and “walking the middle path”), as well as DBT skills cheat-sheets that can be customized to a teen’s unique needs. The book is available through Amazon.com. Rachel Myerson, PsyD, Clinical Director of the Child Program at Boston University’s Center for Anxiety and Related Disorders, called *DBT Skills for Teens with Anxiety* “an incredibly valuable resource for any adolescent feeling overwhelmed by difficult-to-imagine emotions.”

THE ART OF *Intuition*

Nineteenth-century French Impressionist artist Berthe Morisot created many portraits of her daughter, Julie Manet, 1878-1966. Julie was a painter, photographer, poet, model, and art collector. She also wrote about her mother in her diaries and belles-lettres. Similarly, my daughter, **Yolanda Navarra Fleming**, and I are painters, photographers, and writers who've inspired each other for decades, so the executives of Trinitas Regional Medical Center, Elizabeth, requested I feature Yolanda's art in my column, Art Scene. For me, a longtime art critic for various publications, this assignment was at first intimidating. How to write about my daughter with the same mindset as I did for a multitude of other artists? Eventually, I realized a unique opportunity that would be an extraordinary pleasure.



Testify • 16" x 20" • Acrylic



Night Sea Crossing • 2021 • 12" x 36" • Acrylic on framed wood



The Undoing • 2023 • 12" x 36" • Acrylic on canvas



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Valentine's Day • 2022
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Downtown Lemontree • 2022
18" x 24" • Acrylic on canvas



Inside the Beat • 2022
12" x 12" • Acrylic on canvas



Hidden Treasure • 2021
24" x 18" • Acrylic on canvas



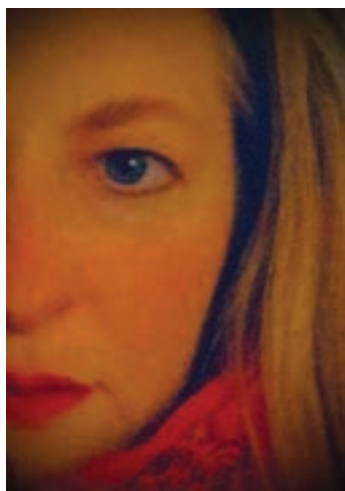
The Itch of a Life Beyond • 2022
22" x 33" • Acrylic on framed canvas

Winner of the Miguel Figueras Memorial Award
for Fanciful Painting in the October 2022 Juried Show
at the Guild of Creative Art, Shrewsbury, NJ



Poder de la flor • 2023 • 29" x 39" • Mixed-media collage on framed canvas

About the Artist



Fleming is an exhibiting member of the Guild of Creative Art in Shrewsbury and The Art Alliance of Monmouth County in Red Bank. Her third solo show of 2023 will hang at Middletown Public Library in New Monmouth, NJ in August. Visit YolandaFleming.com to see more work.

The director of marketing/public relations at Trinitas, Fleming, 54, is an Abstract Expressionist painter of Highlands, NJ, who claims she grew up on canvas—"home-schooled" by influence of the world. She creates complex, fiery and cool pieces the likes of artists Lee Krasner, Wassily Kandinsky, Willem de Kooning, Joan Mitchell, and others. "I think painting is the most honest thing I do," Fleming says. "All my work is about making the unconscious conscious. I intuit every color, stroke, and nuance, and I keep working until I recognize a complete thought, a story, or a revelation." With awards and solo and group exhibitions under her belt, Fleming churns out works brandishing saturated, layered colors that remind one of alluring cocktails—cool-sea sapphire gin, candy-colored Pink Lady, maple-leaf-toned Campari and combinations thereof. Undulating color planes often injected with black sharp angles, bits of sheet music, or human eyes emerge from her canvases, making viewers' senses and souls effervesce. Godspeed, daughter.

—Tova Navarra



Growing Pains

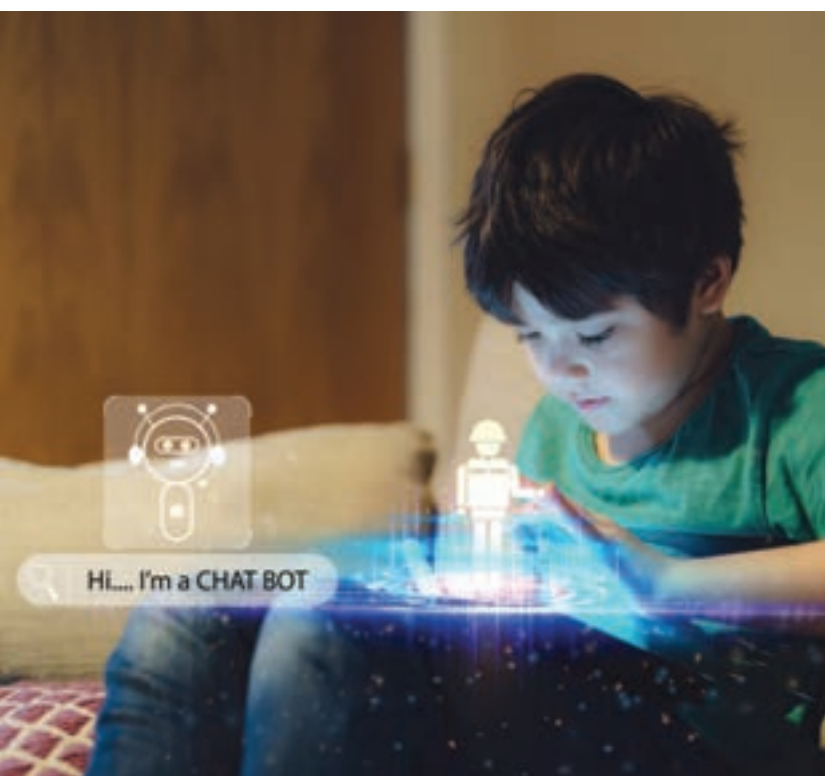
*And you thought arguing over screen time
would be your ugliest child-rearing issue.*

By Mike Lane

Imagine waking up one morning to find that almost nothing works. Your water and electric have been shut off. You pick up your phone to complain, but can't get service and all of your contacts have been erased. Weirdly, you still have wifi. But that's because your networked appliances may be plotting to kill you. Your car doesn't recognize your key fob. Oh, and your

bank account is empty. According to the critics of Artificial Intelligence—including the geniuses who created it—this is one version of the dark future that supposedly awaits us if we don't get a handle on AI.

Is it safe to assume that keener minds than ours will work out ways to avert this disaster? Let's hope so.



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What you *cannot* assume is that the folks in the current mad dash to develop AI are paying attention to the impact it will have on child development and the endlessly tricky task of parenting.

Remember when you were a child and had an imaginary friend? Well, tomorrow's toddlers are likely to grow up with an imaginary friend that will be all too real. Thanks to advances during just the past year in "large-language" artificial intelligence, any kid with access to a tablet, phone or laptop—and the blessing of his or her parents—will soon have a highly personalized AI "assistant" that will be conversational on a word- and concept-level that grows at the same rate as the child. Think of it as a juvenile version of Alexa, only infinitely smarter and more integrated into a young person's life. It is a good bet that we will probably see yet another electronic device designed to make this relationship flourish. Maybe something dangling from a lanyard. Or perhaps a little robot that follows your child around.

There are numerous advantages to pairing a kid with an AI assistant. A child's sense of wonder might be sharpened and accelerate with the help of a constant "companion" that explains or challenges or otherwise quenches his or her curiosity. These devices would educate, of course, but also be capable of spontaneous, creative play. An AI assistant could not only read bedtime stories, but could customize those stories for each child, embracing favorite themes or reinforcing lessons learned that day. The same device would also be smart enough to shield a child from inappropriate content, and weigh in on concepts such as good and bad and right and wrong. Parents would be able to control an AI assistant and set all kinds of parameters to ensure that their offspring grow up with the educational and cultural guardrails they choose. For tweens and teens, a trusted AI assistant could be helpful working through issues of social anxiety and depression.

Dating back a century to the early days of radio, American parents have proved all too eager to allow technology to "babysit" their kids. Now it's

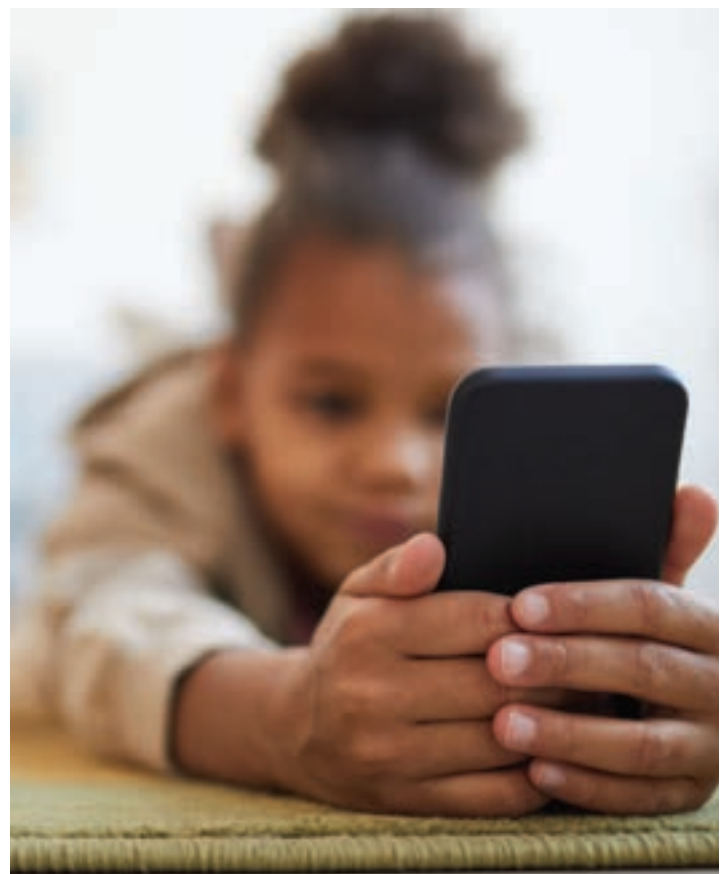
AI in Education

Artificial Intelligence is starting to make a positive impact as a learning and teaching tool in schools. Its most exciting potential, however, is its ability to monitor the skills, progress and deficiencies of individual students and suggest real-time course corrections to ensure that their needs are being addressed. In some schools, AI programs are already being used to identify knowledge gaps and to translate classroom presentations into multiple languages as they are being given, which prevents children with learning differences and auditory issues from falling behind, and levels the field for students for whom English is a second language. And just as coding curriculum has found its way into schools, so too will AI training. While budget concerns often prevent school systems from moving quickly on tech innovation, the annual market for AI in the educational field should top \$20 billion within five years.



smartphones. So there is unlikely to be much pushback from moms and dads, especially when the AI industry extolls the education virtues of its products. And there is zero chance that young children will turn down the opportunity to make a digital best friend. For parents worried that their offspring are already too wired, well, too bad—saying *NO* will feel like trying to hold back the ocean.

For the record, artificial intelligence has been with us—and we’ve been utilizing it—for more than a generation. It has steadily improved, which is partially the point of AI. What has changed is that mainstream AI—as evidenced by the release of GPT-4—has become significantly more “creative” in the past year. This had everyone excited initially but now has a lot of folks scared. And not without some justification. Yes, AI is designed to help us, not hurt us. But its evolving creativity introduces the possibility that the technology might look for creative ways to free itself from the parameters that programmers impose on it.



Legally Bland

Over the past few months, ChatGPT has been acing standardized tests and recently passed the bar exam with flying colors. According to computer scientist Sebastian Thurn, “In a few years it will be the best lawyer in the world.” But not just yet. In May, a New York attorney made headlines after submitting six legal cases to a federal judge presiding over an injury suit against an airline that turned out to be completely fictional. The lawyer admitted that he had let ChatGPT research cases to establish precedent and that, unable to find exactly what he wanted, the AI program had dutifully cobbled together imaginary cases from bits and pieces it unearthed on the internet.



From a parenting standpoint, this is certainly a concern. However, from a child development perspective, there is a bigger question: Are the people racing to create AI assistants for kids actually thinking about what kind of adults these devices might create?

Making an imaginary best friend “real” unquestionably has its drawbacks. Children are already burying their heads in screens more than we’d like, so consider how attached they would become to something more engaging and interactive than an iPhone or iPad. Critics who warn that smartphones and tablets are fraying traditional family bonds worry, probably correctly, that an AI assistant might further isolate family members from one another and how that would play out down the road. And what about playdates, which are critical in social development? Parents might have to deactivate the devices to ensure that kids actually play. Because if they chose *not* to deactivate them, wouldn’t the two devices begin interacting with each other?

These are just a few of the top-line what-ifs that are being debated at this early stage of large-language AI. However, what we know about technology—particularly *this* technology—is that it does not roll out slowly. Current parents of infants and toddlers will be digesting the impact of AI assistants on their offspring in just a few years. Or maybe a few months. Will the child-focused products that hit the market be designed with the wellbeing of children as their top programming priority? Is there a long-term plan for how AI will develop as its young users do?

Some impressive organizations are weighing in on this issue. MIT ran a study during which it taught children of various ages to “teach” AI how to think like a child. The World Economic Forum has a robust “Generation AI” initiative aimed at maximizing learning opportunities and minimizing risks to children—including the Smart Toys award. UNICEF has an “AI for Children” project that is helping to develop policy guidance on this technology.

Trust Issues

One of the AI-adjacent developments that all of us will soon be dealing with is the creation of entirely convincing “deepfake” videos and other make-believe news items. It’s actually happening now, but just watch—it will get much better *fast*. If adults (i.e. parents) start viewing AI with a heavy dose of skepticism, what message does that send to their kids... and how will that impact their relationship with the technology going forward?



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 The background of the advertisement is a dark blue field filled with the names of various athletes in a light blue, sans-serif font. In the foreground, there is a large, 3D gold star. To the right of the star is a book cover titled "GARDEN STATE GREATS" in red. The cover features a black and white photo of a young woman in a white athletic uniform. Below the star, the text "Garden State GREATS" is written in a large, gold, serif font. At the bottom, it says "LEGENDS & LORE of NEW JERSEY SPORTS" in a smaller, white, sans-serif font.

Garden State Greats is a 501(c)(3) that celebrates the history and culture of New Jersey sports and seeks to create opportunities for promising young student-athletes in underserved areas of the state to compete at the highest levels. For more information, visit www.NJSports.com.



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All encouraging signs, to be sure. However, there is no easy way as a parent to wrap your mind around the role AI is likely to play in the years to come. Not even its most ardent proponents can say. Managing the technology in each household will be a challenge that is likely to make today's "screen time" debates seem quaint a few years from now.

Hopefully, the / in AI—intelligence—will make this job easier.

Our kids already secretly think we are idiots and half-listen to what we say. But maybe their AI buddies will have no choice other than to become our parenting partners in positive and productive ways. Once that hurdle is cleared, then we can focus on our killer appliances. **EDGE**

Editor's Note: The opening graphic for this story on page 51 was created by Craiyon when given the words "child, AI assistant."

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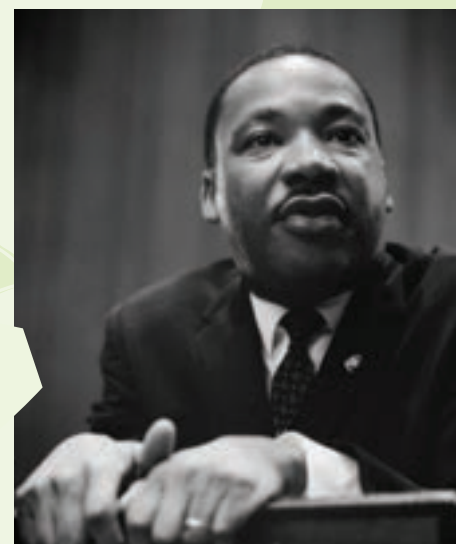
The New Jersey Connection

All roads don't lead to (or through) New Jersey. Sometimes it just seems that way. However, you don't have to play the Six Degrees of Separation game to discover prominent historical figures with intriguing connections to the Garden State. It's okay to stop at five:

0
Degrees

Martin Luther King Jr.

Dr. King resided in Camden while a seminarian in Philadelphia from 1948 to 1951. On June 11, 1950, he and three companions were refused service at a restaurant in Maple Shade and were threatened with a gun if they didn't leave. They stayed...in what might have been the future Civil Rights leader's first act of courageous civil disobedience.



Marion Trikosko



Degree

Napoleon

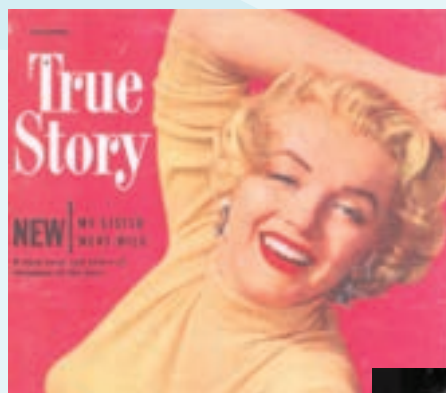
Napoleon's brother, Joseph Bonaparte, played an important role in his sibling's European conquests and served as King of Naples, King of Spain and Lieutenant General of the French empire. He moved to America, sold the jewels he had spirited out of Spain, and purchased Point Breeze in Bordentown—said to be the second-finest house in America after the White House. His grandson, Charles Bonaparte, would become US Attorney General and create the forerunner of the FBI.



Degrees

Marilyn Monroe

In 1954, the sultry actress married former Yankees outfielder Joe DiMaggio. When their nuptials were announced, the slugger received an offer he probably couldn't refuse. Richie "The Boot" Boiardo—a huge DiMaggio fan and notoriously brutal Newark mobster—gifted Joe D. the diamond ring he slipped on Marilyn's finger during their marriage ceremony. Boiardo is said to have been one of the inspirations for Tony Soprano. The ring's original owner is unknown.



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In the Godfather Garden



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3 Degrees

Dwight Eisenhower

While enrolled at the US Military Academy, the future 34th President starred for Army's powerhouse football team. In 1912, he ruined his knee against the Carlisle Indian School trying to tackle All-American Jim Thorpe. In 1951, the gridiron legend was portrayed by Burt Lancaster in *Jim Thorpe, All-American*. Two years later, Lancaster co-starred with crooner-turned-actor Frank Sinatra in **From Here to Eternity**, with both receiving Oscar nominations. Sinatra, of course, grew up in Hoboken.



crop north



Columbia Pictures



Warner Bros

4 Degrees

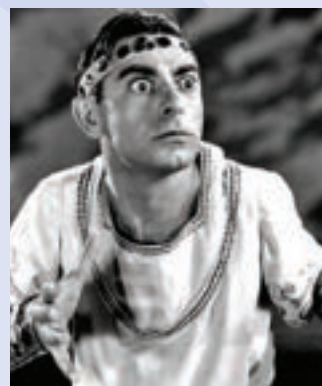
W.C. Fields

Fields first shot to fame in the *Ziegfield Follies*, where he co-

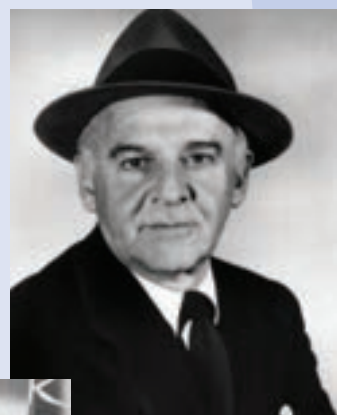
starred for several years with fellow comedian Eddie Cantor. As a child, Cantor had been part of a Vaudeville act called the Newsboys Sextet. One of the six “newsboys” was future newspaper columnist Walter Winchell, who many years later arranged the surrender of Murder Inc. boss Lepke Buchalter to FBI chief J. Edgar Hoover. One of Buchalter’s henchmen, already serving time in Sing-Sing for rubbing out his own brother-in-law, was Meyer Luckman—whose son, Sid Luckman, became a star quarterback for Columbia and an NFL Hall of Famer for the Chicago Bears. In 1939, after a sensational rookie season for Chicago, Luckman suited up for a playoff game in Schools Stadium as a member of the Newark Bears, who went on to win the American Football Association title.



Art.com



Samuel Goldwyn Prod.



ABC Television



Bowman Gum Co.



NYPD



Al Aumuller, World Telegram



5
Degrees

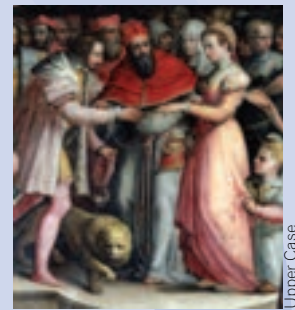
Machiavelli

Famed Italian political strategist Niccolò Machiavelli dedicated his seminal work, *The Prince*, to Lorenzo de Medici, the ruler of Florence in the early 1500s. Lorenzo's daughter, Catherine, married Henry Duke of Orleans, who became Henry II, King of France. Using her powerful position, Catherine was the primary instigator of the 1572 St. Bartholomew's Day massacre, a week of mob violence in Paris against French Huguenots. Among the many thousands killed was Petrus Ramus, a prominent humanist whose writings influenced Protestant philosophy in Europe and the American colonies. Ramus's greatest proponent in the New World was Samuel Johnson, a key figure in the Enlightenment and the first president of King's College, now Columbia University. Johnson's successor, Myles Cooper, a clergyman born and raised in England, wrote passionately that the American Revolution was a mistake. In

1775, Cooper eluded an angry mob that planned to lop off his ears, and made it to a British ship that returned him safely to England. Legend has it that the crowd was distracted long enough for Cooper to escape by an eloquent young man named Alexander Hamilton. Hamilton had recently finished his education at the Elizabethtown Academy in Elizabeth. Twenty-nine years later, Hamilton would lose a duel in Weehawken that cost him his life. **EDGE**



Upper Case



Upper Case



Robert Fleury



PBS.org



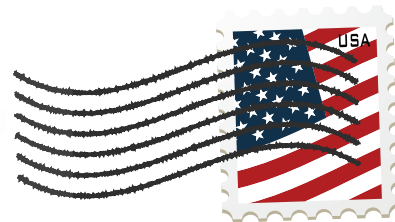
Columbia University



Columbia University



Huntington Library



Dear Gary

In the following pages, EDGE salutes Gary S. Horan, who for more than two decades led Trinitas Regional Medical Center through two mergers and a global pandemic with grace, humor and a level of commitment and expertise that have become the industry standard. He announced his retirement in 2023 and leaves Trinitas—now part of the RWJBarnabas Health System—in the capable hands of the hospital's new President and CEO, Nancy DiLiegro. Gary's legacy is the unique team environment that distinguishes Trinitas in both the community and business of healthcare.

We begin with some thoughts from the people who knew him best, both personally and professionally...



What a wonderful and eventful ride you and I have had together here at Trinitas. It all began over 21 years ago in an interview process and, together, we have seen Trinitas grow into the outstanding Medical Center it is today. You have created a wonderful legacy and I am so pleased that your name will forever be highlighted in our Emergency Department. Enjoy your richly deserved retirement with Arlene and your wonderful family! Fondly, from your brother from another mother.

—Victor Richel,
Trinitas Chairman of the Board

You have been the champion of all associated with the hospital during some of the most stressful years for medical care.

—Andrea Richel

We are grateful for Gary's vision and abiding commitment to the community, particularly during the unprecedented challenges we faced during the COVID-19 pandemic. He was also a critical guiding force for the recent successful integration of Trinitas into the RWJBH family in 2021.

— Mark E. Manigan, President and CEO,
RWJBarnabas Health

Since 2001, you shared great heart, skill and strength to face the changing healthcare system and led us forward with your commitment to our mission and community. I am so grateful for your leadership, humor, and belief in us and ask God to bless you, Arlene and your family with health and happiness. You have given us the heart to follow a leader who worked to bring health, growth and safety to our staff, patients, and community. We will always be grateful. Thank you for your life among us.

—Sister Rosemary Moynihan, SC

It goes without saying that all of us are grateful for your steady leadership of Trinitas. To me, your friendship and your guidance over these many years are equally important. I'll always remember how you nurtured my career by setting the highest of expectations. And I'm not just talking about that paperweight on your desk...you know, the one with the saying: "If you say you can't do it, you're right. YOU can't do it." Part of what makes you an effective leader is your use of humor and your ready laugh. Who knew that a bad joke could be such a vital part of leadership?

—Doug Harris,
Retired Trinitas Marketing & Public Relations VP,
Former Publisher, EDGE magazine



The plaque on your desk read, "If you're not the lead dog, the view never changes." Under your great vision and leadership, you established Trinitas Regional Medical Center across the region, the state and beyond as a can-do hospital with 12 Centers of Excellence. You advanced the hospital through two major mergers, received "Best Place to Work in New Jersey" awards (not once but six times) and developed a workforce that was proud and honored to work hard with one another and our patients.

—Glenn Nacion, Trinitas Chief Human Resources Officer



You were firm but fair. You demanded excellence. You had an open-door policy. You listened with intentionality. You made us laugh. You placed our patients and our staff at the center of every decision.

—John D'Angelo,
Trinitas Chief Medical Officer

"The great use of life is to spend it for something that will outlast it." A quote from William James and he very well may have been speaking of your legacy. Trinitas is a special place—committed, compassionate people working toward a common mission, and you have been at the center, directing that purpose and spirit.

—Lisa Dressner, Trinitas VP of Behavioral Health

We only just got to know each other but I am so very grateful for the opportunity to work at Trinitas. In just two short months, it's evident why so many employees have been here for 5-10-15-over 20 years. People stay where they feel welcome, heard and guided through good and bad times...and you did that. You developed something great here and I am honored to witness just a little piece of your amazing legacy.

—Maria Auciello, Trinitas Marketing Assistant VP

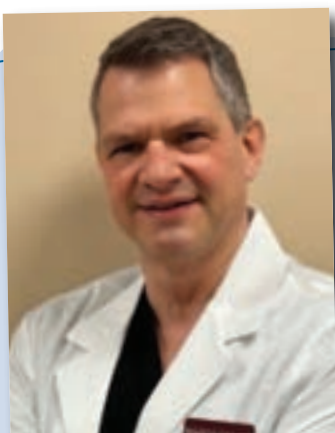
I remember the first time we met. You were so approachable, kind and welcoming. It was so apparent that you were engaged and invested not only in organizational success but my individual growth both professionally and personally. There are simply not enough words to describe how inspirational you have been. Your support, guidance, mentorship, and warm smile has lifted my spirits through the toughest of times. Your ability to lead with compassion courage and humility is simply phenomenal. But what I will remember most is the nurturing environment you created—grounded in mutual respect and trust.

—Muniba Naqi, MD



We have been through so much together: Hurricane Sandy, COVID and myriad other emergencies, large and small. I chuckle every time I think of when you would say, "It isn't a disaster unless Phil's around," with its double meaning. You are the best boss I have worked for and I consider you not only a colleague and friend, but also a mentor and the leader I strive to be.

—Phil Solomon, Trinitas Emergency Preparedness Coordinator



From the creation of Trinitas to your incredible work during the pandemic—and then preparation for

Trinitas incorporation into the Barnabas system—your achievements have been monumental for this institution. I'll never forget seeing you each morning during the pandemic in the War Room. Those were harrowing times, but you steered through them perfectly.

—Michael Zabolski MD



I have had only two full time jobs in my life, the Summit Police Department and Trinitas. I have worked under the tenure of six chiefs of police and yourself. I can honestly say you were my best boss ever. From my first day on you welcomed me in the board room and made me feel included in every Trinitas event. You have a leadership style that is like no other. You motivate your staff intrinsically to want to do their best. Your staff simply wants to give their all so they do not disappoint you.

—John Dougherty,
Retired Trinitas Director of Security



I have seen many different examples of leadership and have had the opportunity to be a leader myself. I tell you this so that you know that when I say that you are one of the finest leaders I have had the privilege to work for, it is not idle chatter. Although there were many levels of management between you and me, I always felt that you were approachable. I was and am most impressed by your tradition of annual town meetings, where people can ask you anything. Very few leaders are willing to be that open and transparent. I also greatly appreciate your extensive efforts to keep us all informed on a daily basis during the early months of the Covid epidemic. It helped us all feel like we were in this together. You are a wonderful communicator.

—Kathy Howie, Behavioral Health & Psychiatry

I feel fortunate to have had the opportunity to work with you and learn from the wealth of knowledge and experience that you have shared with us. You will be greatly missed.

—Karim Khimani, MD

You led us through many transitions, and we always came out on top. Your leadership during our first pandemic was inspiring and the memory will live on in this community.

—Beth Mayers, Behavioral Health Coordinator



I like to believe we hit it off the very first time we met before I officially became a Trinitasian, when I was freelancing for EDGE and was asked to write the piece about the magical working relationship you share with Vic. You both were so warm and welcoming that at that moment I knew Trinitas was a special place. That was back in 2017. It wasn't until January 2018 that I joined your team, but since then, I've lost track of how many sideways glances we've exchanged and how many times you made me laugh to the point of tears. In your presence, everything was fun. You always made me feel welcome and valued, and I'm forever changed because of it. Thank you for being you and for giving me an opportunity to be me in a setting in which I never thought I'd experience success. You are a special person. I will never forget you. Ever.

—Yolanda Fleming, Trinitas Director Marketing & Communications

You always made people feel that you were approachable. You put forth an aura of genuineness that made you ideal for this position. In an environment where our patients are disenfranchised on many, many levels you made them feel important and listened to.

—Linda Reynolds, Director of Adult Psych Services

Your unwavering support for providing learning opportunities for the teens of the academies of Elizabeth High School has been extraordinary. Countless numbers of students have become Nursing Assistants, Unit Secretaries and EMTs, as well as so many more who have returned as RNs, PA's and Nurse Anesthetists because you encouraged them to pursue their health care dreams. I can attest to your readiness to support your employees and always greet us with a quick hello and a smile. You embody an expression I have lived with as a product of Jesuit education: You truly exemplify "a man for others."

—Eileen O'Brien Mulroy, Trinitas Education Dept. & Volunteer Dept.



How time has flown since I interviewed with you at Our Lady Of Mercy! It is amazing how it feels like yesterday, but it is almost 22 years. Thank you for being a friend, a mentor, a role model and a great leader. I have big shoes to fill and look forward to the opportunities and challenges ahead.

—Nancy DiLiegro, *Trinitas President & CEO*



You were the first CEO to approve my privileges as a certified Nurse Midwife in Staten Island when you were the CEO of SVMC in 1993-94. Finding you here at my new home, TRMC/RWJBH, was a sign that I belonged when I started almost 9 years ago. Your support of midwives then and now will always be a blessing to Women.

—Carol Rose-Trzaska, *Certified Nurse Midwife*



It has been a privilege to work under your inspirational leadership during the last three years, most notably through the terrible pandemic. Your style, constant presence and support gave us the assurance that we would prevail despite the odds. You have left us in good hands with Nancy DiLiegro.

—Hantz Ricot, *Trinitas Director of Respiratory Care & Sleep Departments*

I remember when you first arrived here replacing our previous CEO. We were told by those that knew you or of your reputation—that you were a people person and always willing to listen and was good to all employees regardless of their rank. I thought that wasn't true and they just wanted to soften the blow of a rigid, strictly-business man whose only concern was the bottom line. I was so very happy to see what we were told was very true!

—Jose M. Santiago,
Trinitas Patient Access Coordinator

It was a pleasure to have worked under Gary's leadership for 20 years. He has been a good caring leader with compassion and empathy. His understanding of employees' and patients' needs—and balancing both effectively—motivated the staff and addressed the mental health of our patients.

—Maria V. Padron, MD

Editor's Note: The Trinitas Regional Medical Center Board of Trustees has honored Gary Horan with the title of President and Chief Executive Officer Emeritus.

A Career to *Remember*

As a last hurrah, it was a pleasure to honor and celebrate Gary's storied career at the Trinitas annual gala in May. His leadership over these past decades has been a true blessing to this organization and its membership, and we look forward to his reprise as President and Chief Executive Officer Emeritus.



Alfonso J. Lopez, Trinitas Board Member and Youth Campaign for the Children founder; **Nancy DiLiegro**, President/CEO of Trinitas Regional Medical Center; **Fotini Allteni**, Trustee of the Kosloski Family Foundation & Michael J. Kosloski Foundation; **Gary S. Horan**, retired President/CEO of Trinitas; **Victor M. Richel**, Chairman of the Board; and **Thomas Biga**, Executive Vice President and President RWJBH Northwest Region.



*Best Wishes,
Gary!*

My Music

With no more 80-hour weeks on the schedule, these artists will be on heavy rotation in Casa Horan...



U2



R.E.M.



Simon & Garfunkel



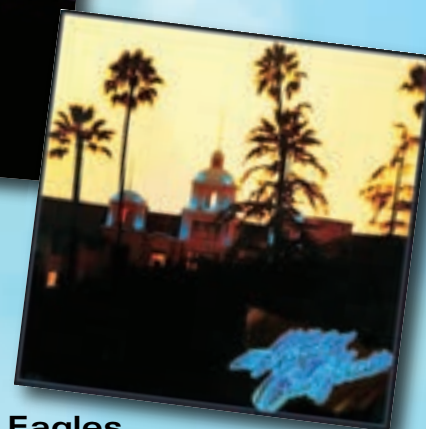
Harry Chapin



Grateful Dead



Pink Floyd



Eagles

My Movies

*Movie night is now an actual thing in the Horan home.
Here's what's on the Netflix marquee...*



**Saving
Private Ryan**



Shane



**Lawrence
of Arabia**



**The Shawshank
Redemption**



**Schindler's
List**



**The Godfather
Part I & Part II**



Goodfellas



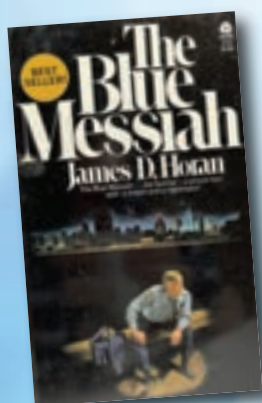
Citizen Kane



On the Waterfront

My Books

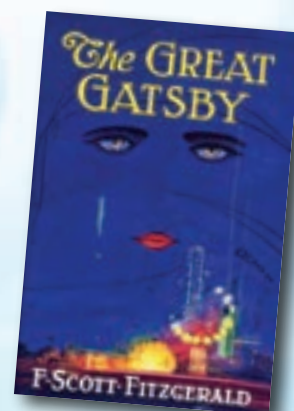
*Retirement offers the chance to re-read some favorites.
These books are calling out from the bookshelf...*



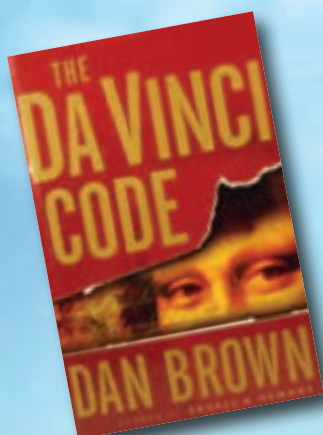
The Blue Messiah
by James D. Horan



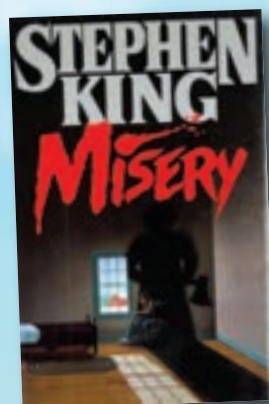
The Chamber
by John Grisham



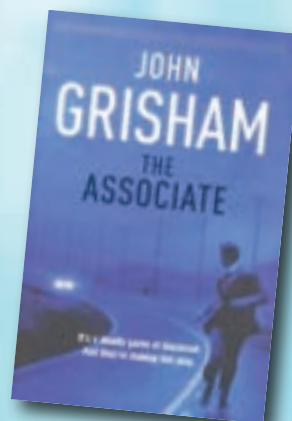
The Great Gatsby
by F. Scott Fitzgerald



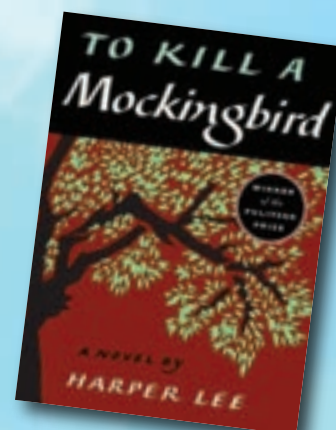
The Da Vinci Code
by Dan Brown



Misery
by Stephen King



The Associate
by John Grisham



To Kill a Mockingbird
by Harper Lee

Joy. Delivered daily.

Bringing a new baby into the world is one of life's most powerful experiences. At Trinitas Regional Medical Center, it's also a personal one. Our state-of-the-art maternity unit features private rooms to rest, heal, and bond with your newborn, with full couplet care so you can be together at all times. Should your baby require specialized care during or after birth, our Level II Intermediate Care Nursery offers advanced technology and high-quality specialty care for ill and high-risk babies. After delivery, experienced mother-baby nurses, certified nurse midwives and physicians provide supportive care for you and your baby to grow and thrive.

Learn more at rwjbh.org/maternity

Trinitas Regional Medical Center

RWJBarnabas
HEALTH

Let's be healthy together.



The Chef Recommends

*EDGE takes you inside
the area's most creative kitchens.*



Sonny's Indian Kitchen • Sonny's Butter Chicken

225 Main Street • **CHATHAM**

(973) 507-9462/9463 • sonnysindiankitchen.com

Sonny's butter chicken is one of the best, delicious, smooth buttery and richest among Indian curries. It is made from chicken marinated overnight and baked in a clay oven then simmered in sauce made with tomatoes, butter and various spices.

— Chef Sonny



Krust Kitchen • Philly Special

7 Cross Street • **MADISON**

(908) 525-7878 • krustkitchen.com

A 12" x 18" Grandma style pizza with roast pork, bacon, sautéed broccoli rabe and our Midwest cheese blend. Chili flakes on request.



Common Lot • Wagyu Beef Tartar

27 Main Street • **MILLBURN**

(973) 467-0494 • commonlot.com

Our wagyu beef tartar is paired with a Singapore style pepper sauce, summer herbs and flowers and sea beans.

— Head Chef/Owner Ehren Ryan



Trattoria Gian Marco • Calamari Toscano

301 Millburn Avenue • **MILLBURN**

(973) 467-5818 • gianmarconj.com

Another delicious addition to our fabulous menu. Tender calamari fried and sautéed with cherry peppers, capers and kalamata olives in our plum tomato sauce.

— Chef Genero



PAR440 • Mahi Mahi

440 Parsonage Hill Road • **SHORT HILLS**
(973) 467-8882 • par440.com

Pan seared Mahi Mahi with capers over broccoli rabe and fingerling potatoes.

— *Chef Pascual Escalona Flores*



Galloping Hill Caterers

Galloping Hill Road and Chestnut Street • **UNION**
(908) 686-2683 • gallopinghillcaterers.com

Galloping Hill Caterers has been an incredible landmark for over 70 years. We pride ourselves in delivering “over the top” cuisine, impeccable service and outstanding attention to detail. That is the hallmark of our success! Simply, an unforgettable experience. Pictured here is one of our crepes flambé that really creates lots of excitement!

— *George Thomas, Owner*



Limani Seafood Grill • Pan Seared Chilean Sea Bass Barigoule

235 North Avenue West • **WESTFIELD**
(908) 233-0052 • limaniseafoodgrill.com

A Provencal dish of artichoke hearts, crimini mushrooms, chickpeas, sautéed garlic, parsley, minced shallots, roasted lemon potatoes, wilted baby spinach with garlic and extra virgin olive oil.

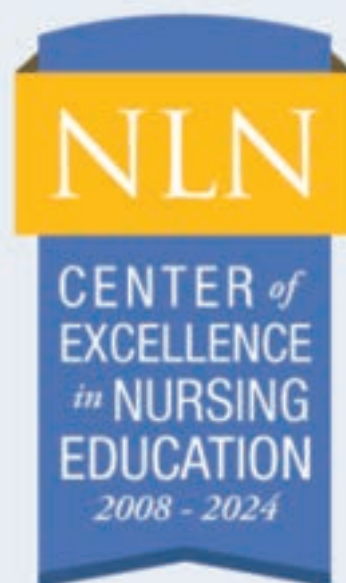
— *Chef/Owner George Vastardis*

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!

Let's shape the future of nursing together.



Earn your nursing education at Trinitas School of Nursing.

Trinitas School of Nursing in Elizabeth, NJ, a cooperative nursing program with Union College, is part of RWJBarnabas Health and is accredited by the Accrediting Commission for Education in Nursing (ACEN) and the New Jersey Board of Nursing. The Trinitas School of Nursing's commitment to creating and sustaining environments that enhance student learning and professional development has been recognized by the National League for Nursing, with four consecutive designations as a Center of Excellence in Nursing Education.

To learn more, visit trinitasschoolofnursing.org

**Trinitas School
of Nursing** | **RWJBarnabas
HEALTH**

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



116 Orange Avenue **Cranford**
\$799,000

Beautifully updated 4 bedroom 2 bath colonial close to town.

www.wolfpremier.com
Lucas A. Wolf **908.738.1881**



1126 Edgewood Road **Elizabeth**
\$399,000

The BEST of Elmora Hills in every way. 6,098 square foot Cape Cod situated in the most sought out neighborhood in Elizabeth offering exceptional finishes and touches

www.premierhomespros.com
Juan Pablo Gomez **908.416.5975**



homes on the EDGE



1114 Seib Avenue **Elizabeth**
\$399,900

Beautiful Colonial w/enclosed porch. Foyer features stained glass window & impressive wood carved staircase. Spacious LR, FDR & EIK. Full basement w/shower & laundry room. Prime location close to shopping, restaurants, transportation.

www.elizabethbataille.com
Elizabeth Bataille **908.202.1702**



368 Windfall Lane **Franklin Twp**
\$639,000

55+ Gated Community, 3 BR & 3 full baths in this 3,000 sq. ft. home. Minutes from transportation, theater, fine dining, golf & state park trails.

www.elizabethbataille.com
Elizabeth Bataille **908.202.1702**



309 Greens Ridge Road **Greenwich**
\$799,000

Gorgeous home nestled in Stewartsville. This 4.0 BR, 3.5 BA masterpiece features an airy, open floor plan with abundant living space, soaring cathedral ceilings, and full glass windows overlooking a breathtaking private backyard.

www.premierhomespros.com
George A Castro IV **908.875.8793**



1223 Stone Street **Hillside**
\$549,000

3 BR/2 full BA Colonial/Cape, built in 2006. Open concept floorplan, EIK w/center island, extra cabinetry & full appl. pkg.. Multi-zone gas heating, central air. Privacy fence, shed, 2 driveways. Close to Conant Park, shopping & restaurants.

www.elizabethbataille.com
Elizabeth Bataille **908.202.1702**



59 Tingley Road **Mendham**
\$3,650,000

The location of your dream home awaits. Rare opportunity in the Prestigious Brookside section of Mendham Twp. 43 Acres

www.rosatarantino.com
Rosa Tarantino **973.517.9594**



1129 Corrine Terrace **Mountainside**
\$3950/mo

3 Bedrooms, 2 Baths, Central Air, fenced in yard, includes lawn.

www.theateampropertiesnj.com
Alyssa Pereira **908.447.3133**

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

VISIT US ON THE WEB www.edgemagonline.com



156 Greenwood Road Mountainside
\$899,000

Lovely 4 bedroom, 2.1 bath Colonial located in a quaint neighborhood setting offering living room with fireplace, 1st floor en-suite bedroom, ELK and light filled family room.

TheIsoldiCollection.com
Frank D. Isoldi 908.233.5555 x202



413 New Providence Rd. Mountainside
\$1,199,000

Picture Perfect Center Hall Colonial, beautifully landscaped, 4 Bedrooms, 2.1 Baths, and more.

www.rosatarantino.com
Rosa Tarantino 973.517.9594



233 North 12th Street Newark
\$949,000

Beautiful large three family house in a great area of Newark. First unit features two bedrooms with built-in closets and an a gorgeous full bathroom.

www.premierhomespros.com
George A Castro IV 908.875.8793



81-83 North 3rd Street Paterson
\$499,000

Bright and modern boasting custom finishes and state of the art of appliances, this renovated 2 family home offers a luxurious lifestyle close to Prospect Park and Hawthorne.

www.premierhomespros.com
Juan Pablo Gomez 908.416.5975



719 East 2nd Street Plainfield
\$299,999

Welcome to the perfect starter home in the beautiful rising town of Plainfield. Centered perfectly near local schools, restaurants, & public transportation.

www.premierhomespros.com
John Parra 908.405.5989



1114 Helene Avenue Plainfield
\$359,900

Open front porch welcomes you to this charm filled home. Formal LR w/ large windows, FDR, FR w/wood burning fireplace. Updated kitchen w/SS appliances and remodeled bath. Walk up attic & spacious basement.

www.elizabethbataille.com
Elizabeth Bataille 908.202.1702



536 Washington Avenue Roselle
\$399,999

4 bedroom, 1 bath. Well kept Cape Cod sits on the Cranford border.

www.Inpetewetrust.com
Pete Moriello 908.451.2311



16 Tisbury Court Scotch Plains
\$399,000

Spacious 3 level townhouse w/3 BR/2.5 BA, located in a highly sought after community. FR w/woodburning fireplace, updated kitchen. FDR opens to spacious LR. This unit has plenty of storage space & outdoor patio. Ideally located.

www.elizabethbataille.com
Elizabeth Bataille 908.202.1702



37 Hawthorne Road Short Hills
\$2,108,000

Charming Georgian Colonial, 5 bedrooms, set back on a knoll.

www.linda-berkowitz.weichert.com
Linda Berkowitz 973.868.5190

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1509 Chestnut Street South Plainfield
\$899,000

Newly renovated house. It's a four bedroom and four full baths with an amazing backyard space.

www.premierhomespros.com
Jocelyn Sanango 908.414.0822



420 Ludlow Avenue Spring Lake
\$3,995,000

Welcome to this prestigious new construction custom built home in the heart of Spring Lake! Home offers 4-levels of inside living that feature 7 bedrooms & 6.5 baths w/ a 4 stop elevator.

www.premierhomespros.com
Brian Martinez 908.265.3276



18 Cypress Terrace Springfield
\$799,000

Updated 5 bedroom 2.5 bath home in Woodside Section

www.wolfpremier.com
Lucas A. Wolf 908.738.1881



55 Evergreen Springfield
\$729,900

Large 4 BR (3,314 s.f) split level home in Woodside neighborhood with custom gourmet kitchen.

www.thebolcarteam.com
Gayle Willner-Kenter 908.247.5954



35 Rose Avenue Springfield
\$539,000

Mother/Daughter style home, 4 bedrooms, 2 baths, close to shopping, and NYC transportation.

www.rosatarantino.com
Rosa Tarantino 973.517.9594



1933 William Street Union
\$490,000

Renovated split-level home nestled in the heart of Union. This 4 BR/2 BA estate features fine hardwood floors, tons of natural lighting, and ample space, highlighted by spacious living, dining, and family rooms.

www.premierhomespros.com
George A Castro IV 908.875.8793



10 East Mill Road Washington
\$579,000

This charming and spacious two-family home located in the desirable area Long Valley.

www.premierhomespros.com
Brayan Zuniga 201.561.3476



1012 Cranford Avenue Westfield
\$935,000

Spacious 4 bedroom, 2.1 bath Colonial located in the Blue Ribbon Washington School District offering an open front porch, large EIK, family Room with fireplace and primary en-suite.

TheSoldiCollection.com
Frank D. Isoldi 908.233.5555 x202



735 St. Marks Avenue Westfield
\$975,000

Move-in ready 3 BR, 2.1 Colonial boasting a heated sunroom, EIK, primary BR suite, 3rd floor office/flex space and finished lower level. Outside landscaped grounds include fenced backyard with 2 patios.

TheSoldiCollection.com
Frank D. Isoldi 908.233.5555 x202

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

VISIT US ON THE WEB www.edgemagonline.com

5 Minutes with...

Trinitas President & CEO

Nancy DiLiegro



Trinitas Regional Medical Center

What was your path to a career in the healthcare industry?

My high school experiences as a volunteer and as a hospital candy stripper, as well as my dad and other family members who were pharmacists. These experiences gave me the opportunity to observe and interact with many healthcare professionals. Ultimately, I wanted a career and profession that was purposeful.

What are some of the things that Trinitas offers the community that you feel are underutilized?

Our OB/GYN Services provides a full spectrum of family planning services with recently updated private birthing suites. Trinitas won numerous awards in 2022 as a leader in obstetrics and gynecology, including being one of only five hospitals to achieve the Labor and Delivery Excellence Award for seven years in a row. We are also very proud of our THRIVE program, which not only slows the progression of kidney disease, but also educates patients on treatment options, and delivers support services for those facing kidney disease.

In what specific ways do you see Trinitas flourishing within the RWJBarnabas Health system?

It will continue to strengthen and align with the system's "One System, One Family for Quality" goal with positive outcomes, enhance patient satisfaction, focus on employee engagement and focus on efficiency and finances. It will also strengthen our 12 Centers of Excellence with an increased number

of doctors and specialized staff and updated systems and machines to provide the best-in-class high-quality care. Being part of RWJB Health will also enhance access to outpatient services. And we are now part of a world-class academic health system, with Rutgers.

What does it mean to be an HRO?

HRO stands for High Reliability Organization. In our case, it means combining the most efficient people, processes, protocols, policies, structures, technologies and environment to achieve top-tier outcomes and deliver the highest quality care—and the safest experience—to our patients, communities and workforce.

How would you like to see Trinitas strengthen its connection to the surrounding community?

Staying connected with local elected officials and making sure to invest in the greater Elizabeth community, as well as partnering with local non-profit organizations through social-impact and community investments. We'll continue our commitment to the vulnerable populations in our community, including addressing food insecurity. We're working to develop food pantry services that will be available to those in need, especially our Charity Care population. Finally, we will always look for innovative ways to educate the community on preventative care and screenings so patients have better knowledge of how to effectively utilize healthcare for their benefits.

You just ran a 10K. You still need a mammogram.

At Trinitas Regional Medical Center, together with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center, we provide the latest in comprehensive breast health services including mammograms, 3D mammograms, MRI, genetic testing, surgery and more – including peace of mind. In partnership with the Connie Dwyer Breast Cancer Foundation, our breast cancer facility offers a highly empathic approach to screening, diagnosis, treatment, outreach and education to all women, regardless of financial status. Schedule your mammogram at rwjbh.org/trinitasinfo



RUTGERS
Cancer Institute
of New Jersey
RUTGERS HEALTH

**Trinitas Regional
Medical Center**

RWJBarnabas
HEALTH

Let's beat breast cancer together.



Whoever your heart beats for, our hearts beat for you.

Same name. Same friendly faces. New ways to maintain heart health.

Trinitas Regional Medical Center is now part of RWJBarnabas Health. Together, we have a passion for heart health, starting with a full-service cardiac facility as well as facilities for the intensive nursing care of patients with cardiac disease, including our cardiac care unit, intermediate coronary care unit, cardiac catheterization lab, non-invasive cardiology services - including both elective and emergency angioplasty - full-service emergency department, and cardiac rehabilitation services. We also provide innovative, non-invasive and image-based coronary diagnostic testing. It's all part of our dedication to every heart in our community. [Learn more at **rwjbh.org/trinitasinfo**](http://rwjbh.org/trinitasinfo)

Trinitas Regional Medical Center

RWJBarnabas
HEALTH

Let's be healthy together.

