

EDGE



SEPTEMBER/OCTOBER

**THE
NOT MY
TASTE
ISSUE**

FOOD FIGHT

An End to Picky Eaters

**APPETITE
FOR READING**

The Great Book Debate

PRIORITY MALE

Five Fall Fashion Tips

THE EDGE INTERVIEW

True Blood Star Rutina Wesley

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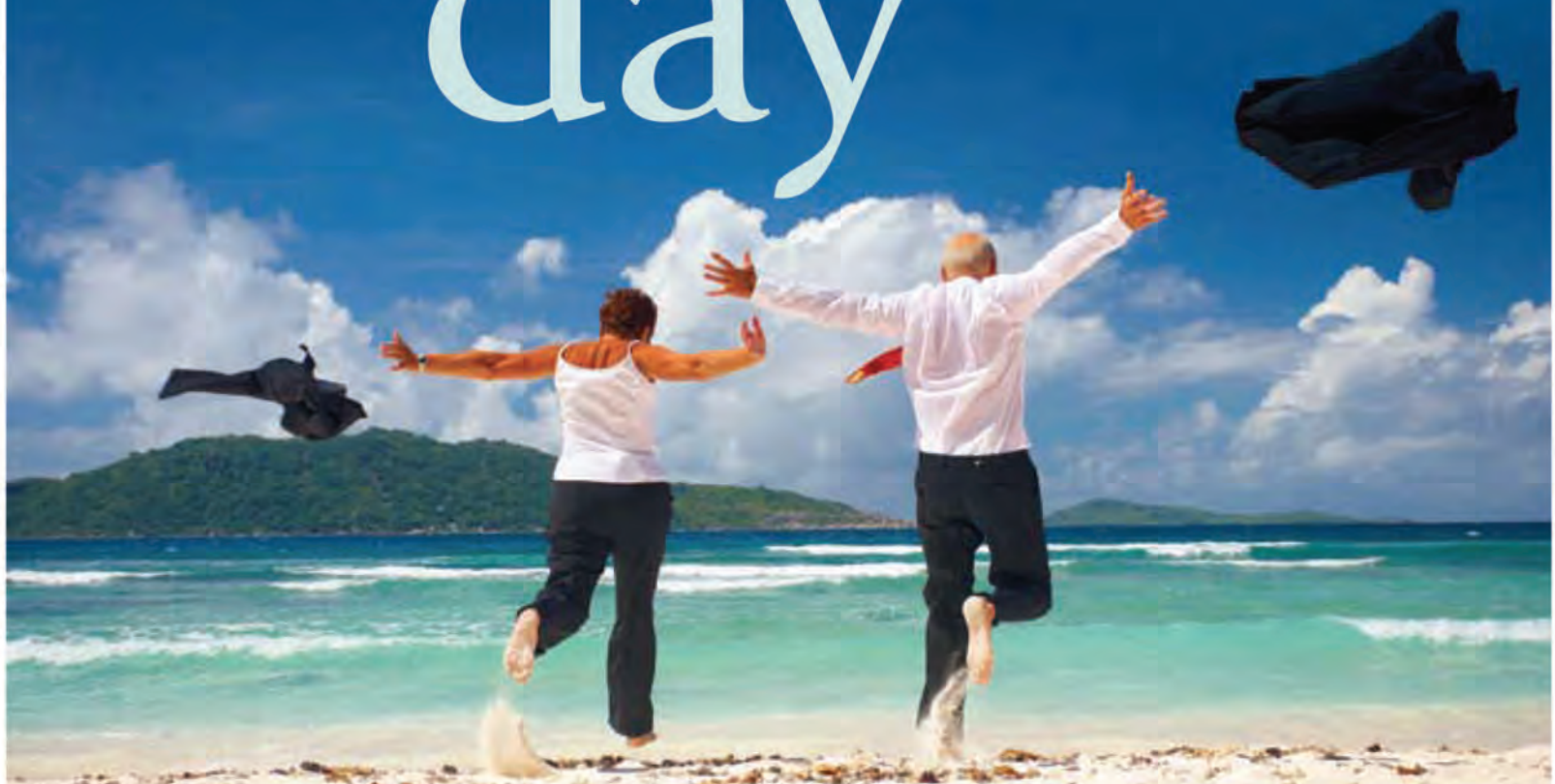
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The Not My Taste Issue

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ON THE COVER

HBO star Rutina Wesley at the Hollywood Dance Center in Los Angeles
Dress: **BAILEY 44**

ON THE RIGHT

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President's Message

With the blink of an eye, we're looking at the downslope of the year! With summer behind us, our attentions automatically turn to concerns that give structure to our lives. For many of us with children or grandchildren, that means school—from pre-school to college—and concerns about health and nutrition.



Our HealthyEdge section borrows from our "Not My Taste" theme and takes a look at suggestions for parents whose children may "push buttons" when it comes to what they will or will not eat. You'll learn real strategies to make mealtimes less of a battle and more of an adventure in helping kids acquire tastes and preferences that last a lifetime.

Take a few moments to get acquainted with actress Rutina Wesley, who brings her noteworthy talents to HBO's *True Blood* series. She also graces the pages of our fashion spread this issue. Get a sneak peek into the new novel from New Jersey author P.F. Kluge, *A Call from Jersey*, about his Garden State roots and get inspired to visit art galleries on this side of the Hudson when considering the next purchase for your home.

It's all tastefully done—and a great way to gear up for the last quarter of 2010!

Sincerely,

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



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A NIGHT FOR JULIEN

Julien Collot is a courageous, determined seven year old boy. For the last two years he has been fighting a rare form of Pediatric Cancer known as Graft vs. Host Disease. Julien's journey has been long and challenging, but that is far from over. Diagnosed with Leukemia four years ago, he has undergone two bone marrow transplants and many ground breaking trials.

The Julien Collot Foundation supports the efforts of Julien and his family, and the thousands of other children and their families in the fight against Pediatric Cancer. The Foundation's mission is to make life better for these children and their families. It supports the important treatment and research that is being done at Memorial Sloan Kettering Cancer Center. Won't you help us in the fight?

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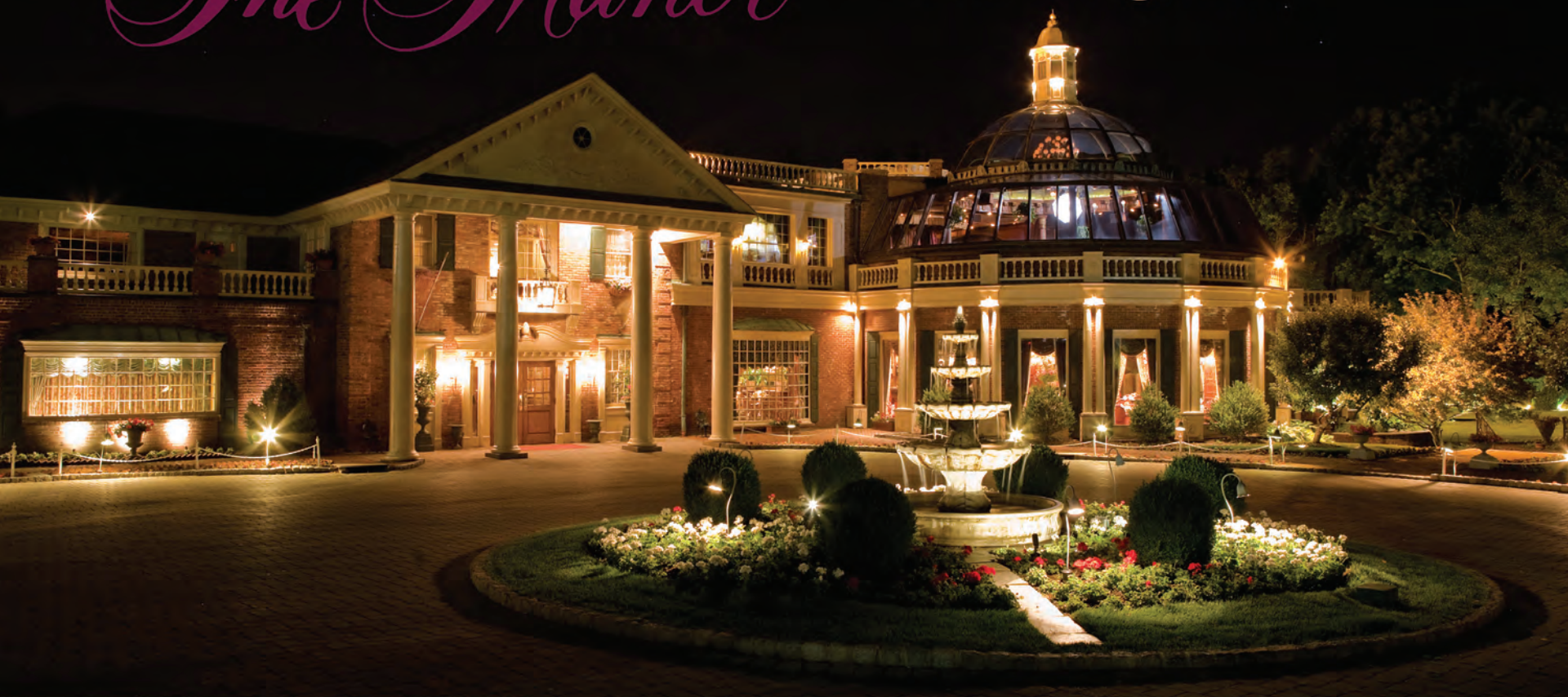
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restaurant

Arturo's

“Richer took over the old pizza joint in downtown Maplewood in early 2007 and re-made it to suit his dreams and palate.”

by Andrea Clurfeld

Arturo's

180 Maplewood Avenue, Maplewood
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Open Sunday through Thursday from 11:30 a.m. to 9 p.m., Fridays and Saturdays from 11:30 a.m. to 10 p.m. Reservations are accepted only for the Tuesday and Saturday night tasting menus—in fact, they are required for those nights. The Tuesday night tasting (\$30) begins at 7 and the Saturday night tasting (\$48) at 7:45. Pizzas start at \$6.50 and go up to \$16.50; pastas range in price from \$9.95 to \$16.95; salads from \$7.95 to \$10.95; salumi is \$7.95 for an individual portion and \$15.95 for the daily selection. All major credit cards are accepted. BYOB. Service is cheerful and helpful.

Seven forty-five on a Saturday night, and the show is about to begin. Regulars file into the corner storefront at Maplewood and Baker, settling into seats that almost seem assigned. There are nods of recognition, glances over to the fellow in charge, a sense of anticipation in not-so-hushed exchanges.

Corks pop. Wine glasses are filled and the floor crew at Arturo's switches into high gear. At the rear of the intimate restaurant, chef/maestro Dan Richer already has warmed up his wood-burning oven by firing dozens and dozens of pizzas for the early-eating crowd. But right now, as the 8 o'clock hour approaches, he's dispatching cups filled with husked cherries, also known as bush cherries. They're nutty little fruits that look a bit like miniature tomatillos, but taste like nothing else on the planet. Peel back the papery skins, flick the fruit into your mouth and wonder how you'll ever again eat another sugared peanut or mushy olive as a prelude to dinner. They're the ideal starter for Richer's unique show.



It's dinner theater, this ritualistic Saturday night minuet between chef and diner, a paean to all that's locally grown and produced and catches the chef's discerning eye.

There's no formal bill of fare on this night, just a procession of plates served forth with no fanfare and minimal explanation. It's based on the trust Richer has built up between himself and his diners, folks who have warmed to the distinctive style of both the rustic, no-frills dining space and the man who delivers a spare, yet deeply satisfying dining experience.

"Coppa, house-made," is the way our server describes the next dish. He knows no embellishment is needed to sell diners on the veritable kaleidoscope made from cured pork shoulder and its fat, presented as delicate slices of salumi that appear air-brushed on the platter. Alone, or partnered with crusty, country bread, this coppa is pretty darn perfect.

Actually, so is Arturo's. Richer took over the old pizza joint in downtown Maplewood in early 2007 and re-made it to suit his dreams and palate. Pizzas are now of the modern age – that is to say, they go back in time to ovens fueled by wood,

to crusts born of kneading and slow-rise techniques, to toppings that tilt toward Spartan, not extra-anything. A well-edited selection of those thin-crust pizzas plus pastas are the order of the night five days a week, with Tuesdays turned over to a scaled-back tasting menu and Saturdays the destination-diner extravaganza.

On that night, Richer goes strictly market and micro-seasonal. It's completely, obsessively ingredient-driven in a good way. Ask about the olive oil, for instance, and you'll be brought a bottle of the newest member of the Arturo's Olive Oil Brigade, an unfiltered number from Puglia whose fruitiness makes already silky-sweet scallops even silkier and sweeter.

These scallops are the star of Richer's *crudo*, a bowl of dense and rich shellfish bathed in the Puglian oil with needle-thin slivers of French breakfast radish that add color and bite to the raw-fish dish. There are a few twirls of baby greens—so tiny that they probably are better thought of as newborn greens—to add color and contrast, and that's it. It's gentle, it's refined, it's an exacting example of what this chef is trying to do: simplify, simplify, simplify.

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That's his culinary style, and it's both brave and smart. While others less secure in their métier, less confident of their skills, fuss and add a silly number of frills to a plate, Richer practices the art of the take-away. He pares down a dish to its fundamentals, letting his ingredients assume center stage. A salad of baby arugula, for instance, is accented by thin slices of peaches and flecks of shaved Parmigiano-Reggiano. That's it. High-season tomatoes, both cheery Sun Golds and beefy San Marzanos, are chopped and set in a glass compote to be served only with a sprinkling of sea salt. The tomatoes' own juices make it good to the last drop.

Tagliolini, a thin-strand pasta, is too fresh, too creamy in taste and texture to need anything more than a handful of teeny cubes of zucchini and a little grated Parmigiano-





SLICE OF LIFE

Since it sometimes seems the whole world comes to Arturo's for its pizza pies, we had to give one a go. We did the basic, the *margherita*, with its thin, charred crust topped with Sicilian tomatoes, house-made mozzarella, flecks of fresh basil and olive oil. I don't know if you became familiar with the purist pies of Anthony Mangieri during the two incarnations of his nationally acclaimed Una Pizza Napoletana, the first in Point Pleasant Beach and the follow-up act in the East Village of New York. When it comes to pizza, I worship at the altar of Mangieri. (He's currently in the SoMA district of San Francisco, where the new edition of Una Pizza Napoletana is located.) I don't think any pizza compares to Mangieri's. But this Arturo's-Richer pie is good, that I'll say!



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Reggiano. We all but bribed our server to admit to an infusion of cream or butter. No, we were told. Nothing but the fresh pasta, the zucchini, the Parmigiano-Reggiano. That's what good pasta can do.

And a good hunk of pork shank needs but a bed of earthy kale to keep it company. In northern states, it's such an underappreciated partnership, anything pig and greens. In Richer's hands, it could be the next big thing in Yankeeland.

His whipped ricotta, served with raspberries and what possibly was a mirage of shaved dark chocolate, is precisely what dessert should be: neither overwhelmingly sweet nor baroque in scale. I would've had seconds had seconds been offered, however, since I've always dreamed of cheese and fruit being transformed into just this kind of finale.

I left Arturo's thinking that either I should 1) move to Maplewood or 2) convince Richer to take his show on the road to my hometown. I'll further assess these options when I return to Arturo's for the duck prosciutto, hazelnut-pear salad and pasta with wild boar ragu. For without a doubt, this food needs to be a regular part of my eating life. **EDGE**

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Net Results

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

by Mark Stewart



CANNON FODDER

This 1930s fruit crate label offers yet another use for cranberries—fire 'em at the Redcoats! **\$18**



CABIN CREW

This menu was in play when Pal's Cabin was celebrating its 25th anniversary. Pals turns 80 in 2012. I'll have the filet for four bucks, please. **\$22**



MAKE MINE AN APPLE-TINI

The restaurant and cocktail lounge at the Monte Carlo once overlooked the world's biggest swimming pool. Today a bleak apartment tower stands in its place. **\$3**



CLIFF HANGER

The breathtaking view from the Riviera in Ft. Lee often included NJ celebs like Sinatra and Abbott & Costello. It was torn down to make way for the Palisades Parkway in the 1950s. **\$12**



MONEY SHOT

The quintessential New Jersey taste treat? A papier maché barrel bank stuffed full of James' salt water taffy. This one dates back to the 1940s. **\$34**

THE JOY OF COOKING

The proud restaurant staff of a long-forgotten Jersey hotel posed for this oversized albumen silver print in the years after the Civil War. **\$85**



EDGE PEOPLE

CORNERSTONES

The Trinitas Health Foundation's Annual Gala, held at the Birchwood Manor in Whippany, attracted over 450 guests. Pictured, L to R: The Honorable J. Christian Bollwage, Mayor, City of Elizabeth; Victor M. Richel, Vice Chair, Trinitas Health & Regional Medical Center; Nadine Brechner, Chief Development Office, Trinitas Health Foundation and Eileen M. Leahey, Regional Public Affairs Manager Union, Somerset & Hunterdon Counties, PSE&G.



ON TARGET

Trinitas supporters mark the highly successful Andrew H. Campbell Sporting Clays tournament, held at Hudson Farm in Andover in memory of long-time Trustee Andrew H. Campbell. Pictured, L to R: James Campbell; Andrew Campbell, Tournament Co-Chairman, Andrew H. Campbell Sporting Clays Tournament Committee; Katharine Campbell Outcalt and Cynthia Campbell, beloved wife of the late Andrew H. Campbell.



WHEEL DEAL

A van used by the Residential Treatment Center at Trinitas sports the Walmart logo following a generous \$41,000 donation to the Center. Pictured, L to R: Michael Rosilli, Director of the Trinitas Residential Treatment Center, Gary S. Horan, FACHE, President & CEO of Trinitas, Jennifer Hoehn, Senior Manager of Public Affairs NJ — Walmart, Nadine Brechner, Chief Development Officer and Director, Trinitas Health Foundation, Yvonne Lopez, Director, Donor Relations of Trinitas Health Foundation and James Lape, Senior Vice President, Behavioral Health & Psychiatry at Trinitas.

FOR THE KIDS

Assemblyman Joseph Cryan, James Lape, Senior VP, Behavioral Health & Psychiatry, Mayor J. Christian Bollwage of Elizabeth, Gary S. Horan, President & CEO of Trinitas, Sen. Raymond Lesniak, Assemblywoman Annette Quijano, Nadine Brechner, Chief Development Officer, and Mike Rossilli, Director, Trinitas Residential Treatment Center, were recently part of a successful program that brought in numerous donations to improve the quality of life of young patients at the Medical Center's Residential Treatment Center.



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Cape Ocean by Megan Karlen

Local Talent

*Buying art means buying smart.
So what's the deal with your neighborhood gallery?*

By Kathy Donnelly

In the typical suburban New Jersey home, you're more likely to find a good guy named Art than good art. That's fine if your goal is to own an undistinguished sofa-sized oil.

But what if you want fine art—the kind that will brighten your life and fatten your bottom line? The answer may be as close as your local gallery.

For those who believe you have to cross the Hudson to find investment-grade art, this idea may go against the grain. But the fact is that building a relationship with a gallery (or galleries) here in the Garden State can yield a far greater return—not just in terms of value and quality, but in so many other ways.

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Still-Life with Oranges and Lemons by William Hudders

This applies to the seasoned collector as well as the novice. In fact, if you're like so many New Jerseyans, the thought of opening your checkbook in a local art gallery is nothing short of terrifying.

First things first. Let's wrap our minds around the reasons New Jerseyans don't buy art. Above all there is the intimidation factor. Most people are afraid they'll be taken to the cleaners by an unscrupulous gallery owner. Second, they are nervous that their friends will make fun of a purchase that is different and modern, or simply out of character. Feeding this double-barreled paranoia is the fact that—particularly in the case of an abstract piece—one cannot specifically define the level of talent and technical skill involved in producing modern art.

And on top of these very legitimate fears is the great, big elephant in the room: Why, when New York City is so close, would anyone buy art in New Jersey in the first place?

Permit me to deal with this last objection first. Galleries here in New Jersey are indeed different than most galleries in the city. That is to say that they are friendly and approachable. If you think about it, it makes complete sense. Gallery owners are where they are, and do what they do, because they love and appreciate art. If they were in this business to make a killing, I hate to say it but they would be in Manhattan.

What else does New Jersey have to offer art buyers that the



Two Dinghies by Kirk Moore

city doesn't? Well, there is a lot of first-rate talent that, for one reason or another, is only shown on this side of the Hudson.

There is no comparison in terms of service. Try walking into a gallery on West Broadway or Madison Avenue and asking the owner to drive out to your place in Westfield for a consultation. That thud is the sound of his jaw hitting the floor. A gallery owner in or around your town, on the other hand, will likely welcome this opportunity. New Jersey art dealers are genuinely interested in the people who live around them, and cultivating relationships that extend beyond the buying and selling of art. They are part of the fabric of the community.

Connecting with a local gallery also happens to be a superb way of adding texture to your social life. Once you're "on the list" you'll be invited to opening receptions whenever a new artist is featured. How often do you get to mix and mingle with new people who just happen to share a common interest? The majority of people attending gallery openings

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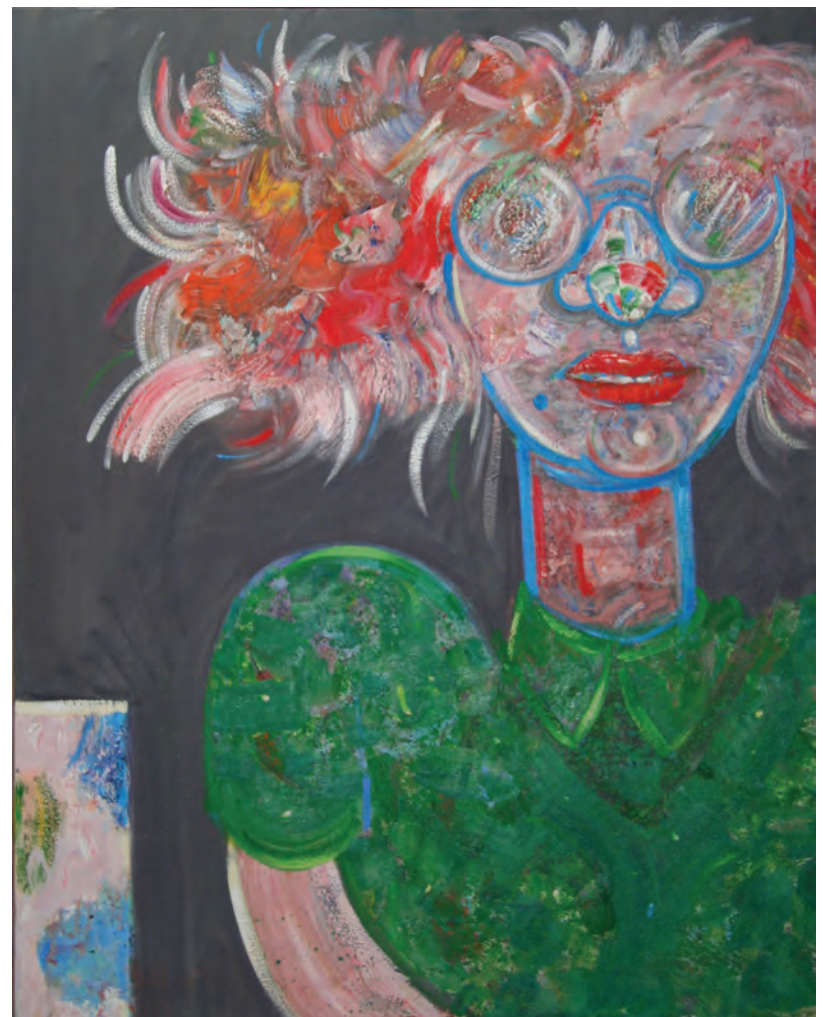
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Nadine by Robert Beauchamp

are like you—they want to know more about art and the people who buy it. (By the way, a free wine-and-cheese gathering is a wonderful springboard to dinner, a movie, or whatever else you've planned for an evening out.)

Okay, so what about the financial side of the gallery relationship? Now more than ever, as we balance the merits of saving and spending, it is important to know what you get for your money when you purchase a work of art.

Whether the price tag is several hundred or several thousand, dealers who live and work nearby are unlikely to “rip off” customers; they have reputations to uphold. If you happen to be one of the fortunate few who have five or six figures to invest in art, a good dealer will have solid connections to galleries that can point you in the right direction (and more importantly, steer you clear of the wrong direction).

Either way, if your appreciation of art is tied to its potential appreciation, make that clear to the gallery owners you deal

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GALLERY OR GIFT SHOP?

The movie star on velvet is a good tip-off, but it's rarely that easy. Indeed, the novice art buyer may not always be able to tell the difference, which could lead to an expensive mistake. A legitimate art gallery should be able to provide you with good information about a painting or sculpture, including an artist's credentials and where he or she fits into the continuum of modern art. Here are a couple of other ways to determine whether you are dealing with a pretender or a pro:

- Can they tell you where an artist has shown and trained? A pro will have these answers.
- Can you try out different pieces in your home before deciding which works best? A pro knows that art can look dramatically different in your home than it does in the gallery.
- Is the gallery owner a working artist? A pro usually is not. As a rule, artists do not have the range of business skills to run a successful gallery. You want to know the galleries you buy from will be around for more than a couple of years.



with. They will help you assess potential purchases (or emerging artists) with that goal in mind.

Another advantage to buying in New Jersey—besides the good feeling that comes with supporting a local business—is that gallery owners here may be much more likely to work a deal that fits your finances. Their overhead is lower than in the city, which may translate into wiggle room when you whip out the checkbook.

Finally, keep in mind as you shop or budget for fine art that you are buying something that could turn out to be a family treasure. Art is timeless. Art is priceless. Unlike a sofa or granite countertop, it does not depreciate the moment it walks through your front door. If you've chosen wisely, in fact, it could appreciate dramatically. And as it moves from your home to your children's, and then to your children's children's and beyond, it serves as a link between the generations.

In the meantime, this investment will enhance your quality of life every time you fix your gaze upon it. Indeed, as Pablo Picasso once observed, art “washes away from the soul the dust of everyday life.” Amen to that.

Some other art icons have also had a thing or two to say on the subject. Jackson Pollock famously noted that *every good painter paints what he is*. Rembrandt suggested practicing what you know *to make clear what now you do not know*. Believe it or not, Michelangelo often insisted, *I can actually draw*. Clarity and simplicity enabled these great painters to create magnificently complex works of art.

When it comes to buying art in the Garden State, a little clarity and simplicity also goes a long way. **EDGE**

Editor's Note: Kathy Donnelly is an art collector and dealer. She owns Beauregard Fine Art Gallery (beauregardfineart.com) in Rumson.



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Dry Intellect

Building a new laundry room? Be smart about it.

by Caleb MacLean

With New Jersey's housing market remaining uncertain—but refinance rates temptingly low—many Garden State suburbanites are taking the money and “grading up” instead of moving out. Atop many a laundry list is, well, a new laundry room. Which gets people thinking: “What kind of dryer is the right kind of dryer?”

The main decision typically comes down to gas vs. electric. A stroll down the aisle at your favorite appliance store reveals some obvious differences. First, electric tends to come with a lower initial price tag than gas. Second, you may also notice that relatively few electric dryers come with an Energy Star rating. That's because the majority use about the same amount of juice, and they don't tend to be all that efficient.

In terms of energy use, gas dryers edge out electric. Gas dryers do their job faster—often in half the time—and in the long run cost less to operate. If you go the gas route, it certainly pays to shell out a little extra for gas-rationing features such as a sensor that stops the machine once your clothes are dry.

From a big-picture standpoint, there is also the carbon footprint of gas vs. electric. By the time electricity reaches your home, it represents less than half of the energy expended to produce it. According to Elizabethtown Gas, a local supplier, natural gas comes in around 90 percent.

HIGH END, LOW END

Aspects of environmental stewardship also come into play if you choose to employ a laundry service to do your clothes. Out of sight does not mean out of mind. Check to see if the company follows environmentally friendly practices. Also, factor in the fuel consumed in dropping off and picking up, whether you do it or they do it.

You can always let Mother Nature do the work. The old “line and pin” is unquestionably the cheapest way to dry your clothes—recognizing that it's also time-consuming and unreliable. If you choose the *au naturel* option, first make sure you're not violating some condo association by-law. Recently, a story surfaced about an association that foreclosed on a family that stubbornly continued to dry outside. Presumably, you'll pick your dryer more prudently than they picked their battle! **EDGE**

Food Fight

*When it comes to picky eaters,
the truth may not be
that hard to swallow*

By Lisa Milbrand





healthy **EDGE**

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We've all heard the stories—the child who completely shuns vegetables or refuses to consume anything but white foods. They're funny if you aren't the parent trying to get healthy food into a picky eater. If the kid is yours, however, it's no joke. There are reasons for your child's peculiar eating habits, and things you can do to broaden his or her culinary horizons.

First off, you may be surprised to learn that it's hardly ever a matter of taste. Picky eating is a natural part of toddlerhood, as children express their independence. What parents may believe is a fussy eater may not actually be that at all.

"Children don't tend to eat as much at meals as adults expect them to eat, and babies spit out their food, leading parents to believe that they don't like it," says Dr. Maria Padron, a pediatric and adolescent psychiatrist at Trinitas Regional Medical Center. "But babies taste food by spitting it out and licking it, and if parents believe their child doesn't like it and don't continue to introduce that food, it becomes a foreign food to them."

Well-meaning parents may try to cater to a picky eater, but experts say that that only backfires. "They create a monster," Dr. Padron explains. "Unless there's a medical contraindication, children should be 'helped' to eat everything that the family eats."



Easier said than done, right? Don't give up until you've exhausted these strategies:

Offer variety earlier. "Kids often become picky eaters because they haven't been exposed to a lot of foods," Dr. Padron says. "You should slowly expose children to different kinds of foods."

Hold your ground. Your child may decide to go on a hunger strike for a meal or two if you suddenly stop being a short order cook and insist that he eats what you're eating, but he won't hold out forever. "Kids may refuse to eat for a few meals, but as long as they're healthy and still drinking liquids, it's fine," Dr. Padron says. "When he's hungry, your child will eat."

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Keep reintroducing the same food. “Parents need to be patient when they’re introducing new foods, and not get upset if kids aren’t jumping to eat broccoli right away,” Dr. Padron advises. Even if your children didn’t like asparagus the first few times, all it may take is the repetition (or a new way of serving it) to make them like it the 10th time around. You just need to insist on one bite each time you serve it— if they still don’t like it, don’t force it.

Get your kids involved. Take your kids along to the grocery store and let them choose something new to try in the produce department—and if you have the time, let them get involved in preparing the dinner, too. By allowing your child to have a say in what they’re eating and an investment in the meal, you may find that they’re more willing to eat the fruit they picked out or the side dish they helped make.

Minimize distractions at dinnertime. If there are other forms of entertainment beyond eating—a TV, books or toys—that can keep kids from attending to the task at hand. Instead, look for ways to make the meal itself more entertaining, with a colorful variety of vegetables or interesting presentations.

Seek help. Get your pediatrician on board, especially if it’s been a long-standing issue, where your child’s eating habits may have become ingrained. For more severe cases, your pediatrician may recommend speaking to an expert, such as a counselor or a speech or occupational therapist. Indeed, in some instances, picky eating can be the sign of a more serious issue—a sensory disorder or a mechanical issue with feeding.



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*“Seeing a therapist is not
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So when is the right time to call in professional help? “In children with feeding issues, it could be a textural or tactile issue, often with mushy foods like bananas or yogurt,” says Kevin Nelson, occupational therapist and Manager of Trinitas Children’s Therapy Services. “Or it can be a mechanical issue, where they simply don’t have the musculature in their mouth to handle that food.”

Whatever the cause of a child’s pickiness, in the end the key is to work slowly. Your kid won’t become an adventurous eater overnight, and if the issues are more sensory or mechanical in nature, you may need to follow a much gentler, slower path toward introducing these foods.



and expensive process.”

“We slowly try to introduce the textures to them,” Nelson explains. “If they have an issue with mushy textures, we might start to do some play with finger paint or shaving cream to get them comfortable with that texture. Then we’ll have them sit at a table with the yogurt on the table, then put a dab on their finger, maybe have them smell it. Finally, we’ll put a dab on their tongue. We slowly try to get it closer to get them to tolerate it.”

Depending on the severity of the issues, this process could take months. However, if you consistently work with children at home as well as in therapy, you may find that you’ll move faster toward turning your child into a well-rounded eater.

Also, understand that seeing a therapist is not the first step in a long and expensive process.

On the contrary, says Nelson. “You may need to see a therapist for an initial consultation, just to get started in the right direction and get trained on how to handle it.”

“A lot of our job is educating parents on what’s appropriate,” he says, “and how to deal with different situations.” **EDGE**

Editor’s Note: Lisa Milbrand is a New Jersey-based writer whose articles on health and relationships appear in *Parents*, *Arthritis Today* and *Modern Bride*. Her blog themamahood.com celebrates the life of a working mother.

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Sliced, Diced & Discouraged

*If that's how dieting makes you feel, then it's time for a new **R_x***

by Christine Gibbs

If sticking to a diet were literally to boil down to a life-or-death choice, could you do it? Anyone who's fought an unsuccessful battle of the bulge has, at one time or another, considered this extreme set of circumstances. The fact that we actually wonder about such things says a lot about our attitude toward dieting. It suggests that, for a great many of us, eating healthy and living healthy won't start until we have a gun pressed to our heads. Or some other vital organ.

In his practice at Trinitas Regional Medical Center, Dr. Ari S. Eckman, M.D., sees a steady stream of patients dealing with diabetes—a disease approaching epidemic proportions—and also hypothyroidism, another disorder that is growing, particularly among women. When asked if his high-risk patients were better dieters than most, the Chief of TRMC's Division of Endocrinology, Diabetes & Metabolism said that yes, initially they are. "But many do lapse over time," he admits.



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Apparently, risk alone

is no guarantee of success.

Dr. Eckman is quick to confirm this fact. He maintains that dieting is not so much about food as it is about lifestyle. The root of the word "diet" actually comes from the Greek word *diaita*, which means a "prescribed way of living." Dieting, he insists, doesn't have to mean depriving. That being said, he cautions, the whole point of dieting *is* to lose weight. "Make no mistake about that."

The Power of Positive Eating

Google "diet" on your computer and the results are overwhelming. You'll discover page after page of sites that are overflowing with imaginative menus and mouthwatering recipes. Whichever one you choose, says Dr. Eckman, you can increase the chance for success by following these ground rules:

Spice Up Your Life Although salt can amp up flavor, there are a lot of other herbs and spices, both dried and fresh, that can compensate: pepper, oregano, basil, cumin, garlic, cilantro and the well-sung quartet of parsley, sage, rosemary, and thyme. Most Americans need to reduce their daily salt intake. This is doubly true for people trying to lose weight.

Think Outside the Box Get creative in your kitchen. Take advantage of seasonal produce. Cook veggies several different ways (roast, steam, grill) for different taste and texture...and raw is always beautiful. Make fruit a part of your meal to stave off a major sugar craving.

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Dress Up Your Diet Visually feast, don't just blindly eat! Set a pretty plate. Garnish your heart out. Color-coordinate healthy food choices. Use your best china. Sip water out of a crystal goblet. Presentation goes a long way—cater to all of your senses, not just your taste buds.

Move Away from the Kitchen At home, dine someplace other than where the food is, namely the kitchen. You'll have to get up for second helpings. The extra steps will make you take notice of how much you're consuming.

Work In a Workout A diet without exercise is a recipe for failure. Find 30 minutes each day to break a sweat with some cardio activity, and not necessarily all in a single interval. Park your car a little farther from the office or the

supermarket. If you work at home, devote the commuting time saved to exercise. No butts to getting off your butt.

Lead Yourself Not into Temptation Drive by the drive-ins. Clean out your cupboards. Eat five to six small meals a day rather than only two; your body seeks to metabolize—deny it by skipping a meal and you'll overeat at the next.

Monitor the Usual Suspects Forego the fad diets; better to identify your specific food weaknesses and just stay away from them. That way a minor slip-up won't lead to a major binge!

Among the same search-engine results that yield great recipes for different diets, you will also find lengthy dissertations on the challenges to success: temptation,

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THE PROPER BINGE

There's a price to be paid for giving in to temptation. Eat just one blueberry muffin (450 calories) and the cost is 40 minutes on the treadmill at 6 mph to work it off. Scarf down a bag of salted potato chips (1200 calories) and you'll have to stay on that treadmill for almost two hours!

That should be enough to take a healthy edge off anyone's appetite. How ironic that Julia Childs, the celebrated food diva, said it so well: *Life itself is the proper binge.*



boredom, stress, self-indulgence and the need for instant gratification. To that, says Dr. Eckman, you can add *resentment*. Nothing can sabotage a diet's success more than hating the fact that you have to diet at all. Ultimately, he says, we will comfort ourselves by giving in to cravings. We'll indulge ourselves with dangerous "treats." We'll eat, drink and yet we still won't feel particularly merry.

Denial is also a definite diet-killer, adds Dr. Eckman. "Too often I hear patients claim that they don't eat much! The problem is how much is 'much' to them? And it may not even be how much they eat, but how *wrong* they eat," he says. "If you can't see the real you when you look in the mirror, then maybe you need to go out and buy a good scale...and then be sure to step on it."

The numbers won't lie. **EDGE**

Editor's Note: Dr. Eckman completed a fellowship in Endocrinology and Metabolism at Johns Hopkins University. In addition to providing medical treatment for Diabetes and Thyroid conditions, his practice, Premier Diabetes & Endocrinology (tel: 908 994 5187), extends to a broad range of health conditions, including polycystic ovarian syndrome, osteoporosis and other calcium disorders, low testosterone levels and lipid abnormalities.

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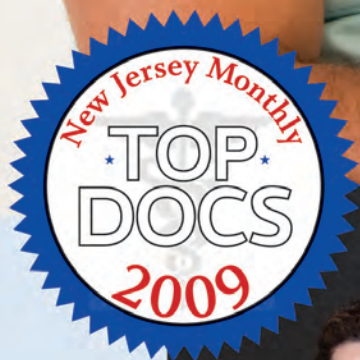
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By Christine Gibbs



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EDGE

interview

Rutina Wesley



What happens in Vegas stays in Vegas. Well, that is not entirely accurate. Actress **RUTINA WESLEY**,

one of the stars of the HBO series *True Blood*, did *not* stay. The daughter of professional dancers, the Las Vegas born-and-bred Wesley took her show on the road—first to the University of Evansville as an undergrad and then to the Juilliard School in New York. Along the way, Wesley also studied at London’s Royal Academy of Dramatic Art. A plum role on Broadway in David Hare’s *The Vertical Hour* and the lead in the 2007 dance film *How She Move* earned her an audition for Alan Ball, who was casting the tricky role of Tara Thornton in *True Blood*. The depth she brought to the character not only won her the part, it has since made Wesley one of the most popular characters on television. EDGE Assignments Editor **Zack Burgess** took the actress back to Las Vegas to talk about her show business roots and inspirations, and to explore the imaginative and eclectic Rutina Look (his words, not hers). The ground rules for the interview? Only one “vampire question” allowed (our rules, not hers). Oh, the pressure! As usual, Zack saved the best for last.

EDGE: You grew up in a town that isn’t always known for its taste, but it is definitely known for its style.

RW: True.

EDGE: Yet you seem to have developed a keen sense for both. How did that happen?

RW: Being the daughter of a mother



who was a professional dancer had a definite influence. My mother loves to dress and she has a great sense of style, with the feathers and colors and all. I can go in any direction, from elegant to tomboyish. I think traveling as much as I have has helped, as well.

EDGE: Does your sense of style come naturally or is it something that you have to plan and work on?

RW: A little bit of both. I'm a chameleon with my style because there are so many things I like; it's hard for me to choose. I love to glam it up for events and wear things that I can't in everyday life, but I also love to run around in jeans and sneakers, especially since I'm secretly a sneaker freak.

EDGE: Is there a story behind the Rutina Look?

RW: I definitely consider myself a New York girl. I just like the style of New York. There really is no story behind my look. I just think I have a good sense of what makes good and bad fashion—although I have been known to take risk with fashion from time to time.

EDGE: Who are some of the designers that you like?

RW: Jean Paul Gaultier, Cynthia Vincent, Stacey Bendet [Alice & Olivia], Versace, Tadashi—there are just too many to name. I like a variety. It's nice to switch it up every once in a while.

EDGE: Were there actors you felt drawn to as a girl—any that you wanted to model yourself after?

RW: Of course. Angela Bassett, Viola Davis, Meryl Streep and Julia Roberts come to mind. I consider them all people who carry themselves with dignity and class, and who have mastered their craft.

EDGE: On *True Blood*, there is a lot of grittiness to your character, Tara, in the face of unimaginable danger and evil. Where do you reach down and pull that from?

RW: I know a few people who were forced to grow up too fast because of something that happened in their lives. I tend to draw from the stories I've heard from them. I'll just take myself to these dark places and use my imagination, to picture what it would be like to grow up in a home that was abusive and volatile, try to think of how that would make me feel. I do always try to come from a place of honesty and humanity, because I don't want it to be too over-the-top.

A lot of the time, though, I can get a true sense of things from the words I'm given in the script. I'm lucky to be working with some amazing writers.

EDGE: Talk about the performing arts school you attended in Vegas. People picture *Fame* on the Strip. What was the reality like?

RW: Yeah, I can see how people would think that. You know what our first play was? *Fame*! It was a ton of fun. We were always doing something. Whether we were singing songs from *Grease* or performing Shakespeare, I love Shakespeare, it was definitely a wonderful experience. It prepared me for what was to come and fueled my desire and drive to become who I am today.

EDGE: What percentage of your classmates had parents who were entertainers, as you did?

RW: Not many at all. Most of the kids' parents either worked on the Strip or had their own businesses.

EDGE: You mentioned your mother's influence. In what ways has your father helped your career?

RW: Both of my parents prepared me for what to expect as I made my way in this business. My father was always there to say make sure you read something before you sign it, and makes sure you have a lawyer.

EDGE: Was acting your first love?


RW: I would have to say dance was my first love. But I had to choose, and acting just made more sense. With acting I can do so many things. I can even dance if I want to. I can always dance in a musical.

EDGE: After earning your theater degree at Evansville, you made the quantum leap to Juilliard. Looking back, can you identify the performances that won you a spot there?

RW: At Evansville we did a lot of Shakespeare, and we had to perform many monologues, which they knew about at Juilliard. So they made me do all of them, which is amazing when you think about it.

EDGE: Looking back, which Juilliard teachers played key roles in your development as an actress?

RW: John Stix and Richard Feldman were very influential.




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All photos courtesy of HBO.

EDGE: Is Juilliard harder to get in or stay in? And who were some of the teachers who were influential in your development as a performer?

RW: Both are hard! They used to have a cut rule, but they don't anymore, which is good. That way you can really concentrate on your craft and not worry about being sent home. It was definitely challenging, but worth every minute of my time. It was fun—just an awesome experience. I met lifelong friends there. I met my husband there. It was, and has been, one of the greatest experiences of my life. Recently I was walking with a friend from high school and he reminded me that I once said that I would go to Juilliard. I didn't remember that. He reminded me that I was living out my dream. I couldn't help but start crying right there on the streets of New York.

EDGE: When you were cast in *The Vertical Hour* on Broadway, what kind of expectations did you have in terms of building a personal or professional relationship with Julianne Moore?

RW: None really. But she was nothing but exceptional to work with and be around. It was a small cast, so we really became like a family. To work with Julianne and Bill Nighy, who is a true professional, was a remarkable experience. And to work with people you admire and to have them treat you well, it was such a pleasant experience. I have nothing but positive memories of working with Julianne and being around her.

EDGE: What did you learn about the craft from her?

RW: Her work ethic was amazing. The way Julianne immersed herself in her character was a very good thing to see. She works so hard at her craft that it can't help but rub off on you—especially if you are willing to learn. She's a risk-taker. She's not afraid to do different things with a character.

EDGE: In what ways did the director, Sam Mendes, have an impact on your approach to performing?

RW: He was always working to get the best out of you. He forced—and allowed—me to stretch as an actress. Which is what good directors do.

EDGE: Juilliard connections can take you in any number of directions. In your case, it led to your part on *True Blood*, through a classmate, Nelsan Ellis, who is now your co-star.

RW: Yes, we have known each other forever and have been good friends throughout. So it was great when he recommended me for the part. It was so natural because he knew my work and what I was capable of. When I found out I got the part I was driving out of a Starbucks parking lot. I was so excited I almost crashed the car. So I pulled over and just started screaming.

EDGE: Is it fun being a celebrity?

RW: It's fun. Although I still have a hard time considering myself a celebrity. But in this business if you are being recognized for what you do, it's a sign that you are doing well. And so far, it has been very good to me and I am enjoying it. I consider myself fortunate.

EDGE: Final question. Would you rather be trapped in a room with a vampire or a Hollywood agent?

RW: I would have to say a vampire. At least with a vampire, I think I'd have a chance of surviving. **EDGE**

Editor's Note: Rutina Wesley was hailed in a 2008 *New York Times* profile for her "reedy voice and crackling energy," as well as the subtlety she brings to the role of Tara. Wesley and her fellow *True Blood* cast members earned a Dramatic Ensemble nomination at the 2010 SAG Awards.

A close-up photograph of a woman's hand. The hand is holding a vibrant red rose. The wrist is wrapped in white medical gauze. The hand is adorned with a ring featuring a large, faceted purple gemstone on the ring finger and a diamond bracelet on the wrist. The background is a soft, light pink gradient.

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BLOODLINES

Photography by Nadine Raphael

Fans of stage and screen will tell you that Rutina Wesley is at her best when playing strong, fearless women with just a hint of vulnerability. Rutina told EDGE she's even better in the dance studio, where these same qualities find powerful expression in the way she moves. Both of her parents were professional dancers so, really, is it any surprise? Add a little drama with some imaginative fashion pulls and the Rutina Look comes alive... see for yourself. Oh, and don't worry. She doesn't bite.

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Shoes: MICHAEL KORS

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FLIGHT PLAN
Dress: IRINA SHABAYEVA



BAR NONE

Dress: MANDALAY
Shoes: GAYNOR MINDEN BALLET

Model:
Rutina Wesley

Make-up:
Mylah Morales

Hair:
Tallulah Holmes

Stylists:
Lauren Nitti and
Nadine Raphael of
Whitehall Media
Productions

Digital Retouching:
Dan Jackson
of DJStudios

Photo Assistant:
Poliana DeVane

Production:
Whitehall Media Productions

Dresses:
Mandalay, Irina Shabayeva,
Bailey 44, Xscape

Jewelry:
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Special Thanks

Rutina Wesley; Holly Shankoor, Leanne McClafin, Beau Benton of 42West PR; Irina Shabayeva; Glenn Kay of Mandalay Dress; Kate Goldberg of bluPRint Public Relations; Michael Zeik, Ivette Fernicola, Lourdes Zeik Chivi of Leonardo Jewelers; Julio Aguierre of Radisson LAX; Mary Hodges of Gaynor Minden; Pamela Phillips of Hollywood Dance Center; Dan Jackson of DJ Studios; Poliana DeVane; Ron Czebrowski of Lord and Taylor

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SEMINARS

TUESDAY, SEPTEMBER 14

6:00 pm – 8:00 pm, Dinner

Prostate Cancer Awareness

BARRY LEVINSON, MD

Medical Director, Trinitas Comprehensive Cancer Center

YM-YWHA

501 Green Lane
Union, New Jersey

MONDAY, SEPTEMBER 20

5:30 pm – 7:30 pm, Dinner

Healthy Skin at All Ages

JOSEPH D. ALKON, MD

Chief, Plastic and Reconstructive Surgery
Trinitas Regional Medical Center

Cervantes of Spain Restaurant
24 North Avenue East
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THURSDAY, SEPTEMBER 23

11:30 am – 1:00 pm, Lunch

Budget Management for Mature Adults

WILLIAM J. DUMCHUS, CFP

Sr. VP, Investment Officer
Wells Fargo Advisors

La Casa di Martino
301 W. Clay Avenue
Roselle Park, NJ

TUESDAY, OCTOBER 12

5:30 pm – 7:30 pm, Dinner

Minimally Invasive Uterine Surgery Using daVinci Robotics

KAMRAN KHAZAEI, MD

Chairman, Dept. of OB/GYN
Trinitas Regional Medical Center

WEDNESDAY, OCTOBER 13

12 noon – 1:00 pm

Breast Health and You

GERARDO CAPO, MD

Medical Oncologist, Trinitas Comprehensive Cancer Center

THURSDAY, OCTOBER 21

5:30 pm – 7:30 pm, Dinner

Breast Health and You

BARRY LEVINSON, MD

Medical Director, Trinitas Comprehensive Cancer Center

SHERRY GRUMET, GENETIC COUNSELOR

Music and Art Therapists

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TUESDAY, OCTOBER 26

5:30 pm – 7:30 pm, Dinner

Breast Health and You

BARRY LEVINSON, MD

Medical Director, Trinitas Comprehensive Cancer Center

SHERRY GRUMET, GENETIC COUNSELOR

YM-YWHA

501 Green Lane
Union, New Jersey

THURSDAY, OCTOBER 28

11:30 am – 1:00 pm, Lunch

Seniorcize: Exercise Activities for Mature Adults

*JIM DUNLEAVY, ADMINISTRATIVE DIRECTOR,
PHYSICAL THERAPY AND REHABILITATION*

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MONDAY, NOVEMBER 1

5:30 pm – 7:30 pm, Dinner

Keeping Your Feet Happy

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CHRISTINE NASHED, DPM

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WEDNESDAY, NOVEMBER 3

5:30 pm – 7:30 pm, Dinner

Osteoporosis

LABIB E. RIACHI, MD

OB/GYN and urogynecology
Trinitas Regional Medical Center

La Casa di Martino
301 W. Clay Avenue
Roselle Park, NJ

MONDAY, NOVEMBER 8

5:30 pm – 7:30 pm, Dinner

Preventing & Treating Complications from Diabetes

ARI ECKMAN, MD

Chief of Endocrinology and Dir. Diabetes Center
Trinitas Regional Medical Center

Diabetic Foot Ulcers and Hyperbaric Oxygen Treatment

YOSHINOBU MIFUNE, MD

Wound Care/Hyperbaric Specialist
Trinitas Center for Wound Healing and Hyperbaric Medicine

La Casa di Martino
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TUESDAY, NOVEMBER 16

6:00 pm – 8:00 pm, Dinner

Minimally Invasive Uterine Surgery Using daVinci Robotics

KAMRAN KHAZAEI, MD
Chairman, Dept. of OB/GYN
Trinitas Regional Medical Center

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WEDNESDAY, NOVEMBER 17

11:30 am – 1:00 pm, Lunch

Identity Theft: Protection for Mature Adults

AARP SPEAKER

La Casa di Martino
301 W. Clay Avenue
Roselle Park, NJ

THURSDAY, NOVEMBER 18

6:00 pm – 8:00 pm, Dinner

Healthy Heart and Sleep Strategies for Women

ANSHU GARG, MD, CARDIOLOGIST
VIPIN GARG, MD, SLEEP SPECIALIST

Trinitas Regional Medical Center
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SUPPORT GROUPS

OCTOBER 28

7:00 pm – 9:00 pm

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NOVEMBER 9

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NOVIEMBRE 2

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OCTOBER 11

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SEPTEMBER 20

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GRISELA HIDALGO, LCSW

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CHERYL WACHTEL, REGISTERED DIETITIAN

OCTOBER 19

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OCTOBER 20

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Up for Discussion

*A lifelong appetite for reading begins
with that first taste in the classroom.*

By Diane E. Alter

A great debate is raging in the tech world. It concerns the type of devices today's youth will be using to read books a decade from now. Will there be a way-cooler version of the iPad? Will smart phones become personal libraries? Will the printed page magically appear in space a foot or two away? Fun stuff. Star Trek stuff—going where no book has gone before. But

these flights of fancy tend to overlook a more immediate issue concerning New Jersey's parents and educators: Will tomorrow's 20-somethings be reading books *at all*?

Before sounding the alarm bell too loudly, it's worth noting that New Jersey students, as a group, mop up on just about every standardized test that measures reading proficiency.

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However, proficiency does not guarantee a lifelong love of reading. Every scrap of evidence available on the reading habits of adults tells us that they echo their experience with literature in grade school and high school. Indeed, kids who regard reading as an unpleasant reality of their education—or worse, as cruel and unusual punishment that steals precious time away from video games, social networking and VH1—are unlikely to pick up a decent book after the age of 20.

Conversely, kids who encounter great books and great teachers, or who are at least challenged in some way by important literature, are not only far more inclined to be eager readers throughout adulthood. They are much more likely to see the world in a layered and sophisticated way.

Given the powerful pull of competing media, when is the right time to start introducing great books to young readers? Although educators may quibble about theories and practices, on this one point, there is near-universal agreement. Harriet Marcus, chair of the Upper School English Department at Oak Knoll School of the Holy Child

*It is never too early to present
the great universal ideas to children.*

in Summit, insists that it is “never too early to present the great universal ideas to children.” Jane Freeman, of Solomon Schechter Day School in West Orange, maintains that great literature should be introduced from the moment “a child can understand the spoken word.” Noreen Andrews, of Union Catholic in Scotch Plains, concurs. “At birth,” she smiles.


Actually, there’s some truth to this idea. “Babies are introduced to great literature when they are sung to and read to as infants,” points out Sister Regina Martin, Principal of Mother Seaton Regional High School in Clark. She says that “while the books they hear are not great classics per se,

babies learn to love the sound of literature, whether it is from a song, a nursery rhyme, or a bedtime story.”


Once a school gets its hands on a young reader, that’s when things can go very right or very wrong. Talented and impassioned leadership is a must; even for the most taciturn of students, a teacher’s enthusiasm for the material ultimately will prove contagious. An instructor whose primary goal is to plow through the material, test the kids and then move on, is likely to leave uninspired readers in his or her wake. From a parent’s perspective, there is only so much influence you can exert when it comes to picking a teacher to foster a love of books. Whether your child is

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in public or private school, it's a hiring and firing issue that is out of your hands.

Where parents *can* affect the outcome (besides encouraging reading at home, of course) is by asking questions about a school's class size and format. Classroom discussion is absolutely, positively the number-one factor when it comes to understanding and appreciating literature. Here, the private schools—by virtue of their smaller class sizes—typically have a distinct edge. Andrews says that small-group discussions “enable students and teachers to dig deeper for the full experience.” Karen Calta, Assistant Directress at Mount St. Mary Academy in Watchung, adds that they are “invaluable in that they serve students well in many academic areas.” Calta explains that students across a wide range of subjects are encouraged at Mount St. Mary to develop their own interpretations, while teachers serve as guides.

Andrew Webster of The Wardlaw-Hartridge School in Edison agrees that an understanding and appreciation of literature is not merely a means for improving academic

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BEYOND THE CLASSICS

While the classics will always reign in New Jersey schools, when it comes to required reading, no books are completely off-limits. Many have expanded reading lists to contain modern-day authors and more diverse literature. Adding books such as *Sula*, by Toni Morrison, requires far less political wrangling than in the past. The biggest hurdle, especially in a down economy, is finding money to do something new. Obviously, this is an area in which private schools may hold an advantage. They are not as constricted by the budget or curriculum concerns.



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performance in English. “Done properly,” he says, “it enriches the lives of students and their understanding of what it means to be human. It allows them to step beyond their own experience, develop empathy, and form careful judgment.”

According to Nat Conard, Headmaster of The Pingry School, literary discussion does more than motivate, challenge and engage. In a learning environment that embraces diversity (Pingry counts itself among the New Jersey schools that draw from a particularly broad cultural, religious and socioeconomic spectrum), it also fosters an appreciation for multiple viewpoints. “In class discussions, our students hear ideas from students whose backgrounds are very different than their own,” Conard says.

Of course, the “must-reads” provide plenty of fodder for class discussion. Simple themes have a fun way of fueling spirited debates. In Charles Dickens’ *A Christmas Carol*, the lesson is that cruel people can change. In Harper Lee’s *To Kill A Mockingbird*, young readers learn that strong people can help those in trouble. William Shakespeare’s *A Midsummer Night’s Dream* is a reminder that life can be filled with fantasy and fun.

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EDITOR'S NOTE: Diane Alter is a freelance writer whose work has appeared in numerous newspapers and magazines. She has become our go-to girl whenever there's a high-risk, low-reward story to be done. Before we sent Diane "back to school" for this story, she was assigned to cover the dating scene in New Jersey and New Jersey after midnight—with explicit instructions to produce two entirely different articles (which, somehow, she did). A couple of years ago, for another magazine, Diane checked herself into a monastery for a weekend of quiet reflection about her previous life working for a huge financial services company. Talk about penance!



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Wardrobe Malfunction



Fashion First Aid for Fall

By Dan Brickley

Wow. Has it really come to this? I recently learned there is someone at this magazine who has been forbidden to purchase his own clothing. I won't say who it is, but you'll find his name closer to the top of the masthead than the bottom. He is a reasonable, intelligent man with a good eye for what works and what doesn't—except when he's standing in front of a mirror. The expensive, yellow plaid shirt that doesn't go with

anything (except possibly a wood chipper) was the straw that broke the camel's back. Since then, his wife must be present to approve all apparel purchases. This is non-negotiable.

If you—as a husband, wife or significant other—feel that you are headed toward this totalitarian state of clothes shopping, I can help. As the longtime host of the TV series *A Makeover Story*, it was actually my job. I found that focusing on five



“essentials” often was enough to move fashion disasters in a safe direction, so that’s how I’ll handle it here. And just to keep things in season, we’ll focus on autumn. Men, stick to this plan and you never hear another *What were you thinking!* Ladies, arm your man with this information and you’ll soon be cutting him some slack (instead of cutting up his slacks) when he comes home from the store.

Buy two sport coats. Although price-wise they will represent the lion’s share of the new wardrobe investment, quality navy blue wool and brown corduroy sport coats are an absolute necessity that will create endless outfits. I know that men can be tempted, at times, to purchase grey, black, or herringbone blazers (all of which can be dazzling), but coupling those colors and patterns with shirts, slacks and ties dramatically widens the playing field for fashion faux pas. I highly recommend J.Crew’s Cashmere Ludlow Legacy Blazer (\$575) and Banana Republic’s Tailored Corduroy 2-Button Blazer in Camel (\$198). As you’ll see, navy and



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It is timeless, fits properly, and is available with or without a French cuff. Brooks Brothers includes its trademark “knot” cufflinks with each French cuff purchase, which is a fantastic pair of fashion training wheels if I’ve ever seen them.

Every man needs an essential brown shoe. Keep in mind, a go-to black shoe is always a necessity, but I find that in fall, a brown shoe is always more appropriate and will mesh with infinitely more outfit components. Hugo Boss has always been a favorite of mine. And, in this case, the Saharian Chukka Boot in Dark Brown (\$275) is a timeless, rich choice. Chukka sub-ankle boots are a great option for brisk months and seem to carry with them both endless style and rugged masculinity—two big advantages in my book. Most men have no idea what it’s like to suffer for the beauty of a shoe, and this will be no exception. Chukka’s wear like a Jimmy Choo, but feel like a Birkenstock. I know, it’s so unfair!

camel act as an absolute and infallible base for each and every autumn ensemble. They make up the keystone in the flying buttress of a well-rounded wardrobe.

Purchase two pairs of Chinos. Don’t call them Khakis, because they aren’t the same. What most people consider a stereotypical khaki is really just the bottom of the barrel in the world of men’s cotton trousers. I hate to say it, because they serve many a purpose, but it’s true. The word Khaki, by the way, comes from the Urdu word for *dusty*. During the Raj, English soldiers would dye their whites the color of the omnipresent and unavoidable dust in south and central India. Thus, was born both the color and the English word. Chinos, the more sophisticated cousin, are distinguished by the combed cotton sheen and the lack of back pocket cover flaps. Lacoste’s Classic Chino in Beige (\$88) is perfectly conservative and appropriate for any occasion.

Get two tailored shirts. You want the real deal here. A well-constructed gent’s wardrobe requires them in at least two colors; white and a light blue pattern. I’ve always been a fan of the Brooks Brothers Luxury Slim Fit shirt (\$79.50).

Accessorize. No male wardrobe would ever be complete without a little accoutrement. I know most men shy away from (if not perpetually underestimate) the importance of the accessory. A stubborn man can mount successful arguments against a beautiful watch, a great pair of cufflinks or a dazzling ring. However, a first-rate leather belt is a must-have, not a should-have. Again, since we’re building our fashion masterpiece within the framework of an autumnal palate, I highly suggest brown—if for no other reason than the fact that brown leathers seem to retain more beauty in texture, and stand out more prominently against other fabrics. Ralph Lauren’s Saddle Leather Belt in Papaya (\$175) is a winner through and through. Its gold roller buckle and rich saddle leather echo country craftsmanship, while conjuring images of the luxury of Savile Row.

A suddenly and unexpectedly well-dressed man can be a startling reminder of all the other fantastic, useful, and sometimes mystifying purposes he serves. So go forth and shop with new purpose and confidence. To the Short Hills... and beyond! **EDGE**

EDGE PEOPLE



TURNING UP THE HEAT

Orietta Rodriguez, Executive Assistant to Gary S. Horan, President and CEO at Trinitas recently completed the Culinary Arts program at the Institute of Culinary Education in New York City where she took a week's worth of classes on Saturdays and Sundays for an entire year. With a Lebanese/Dominican background, Orietta's new-found credentials are sure to help her tantalize family and friends with distinctive dishes for all to enjoy.



TAKE OFF!

Runners and balloonists begin their journey at the Trinitas Regional Medical Center 5K "Run with the Balloons" in Readington. James Leckie broke the tape more than two minutes ahead of the runner-up, with a time of 17 minutes, 11 seconds.



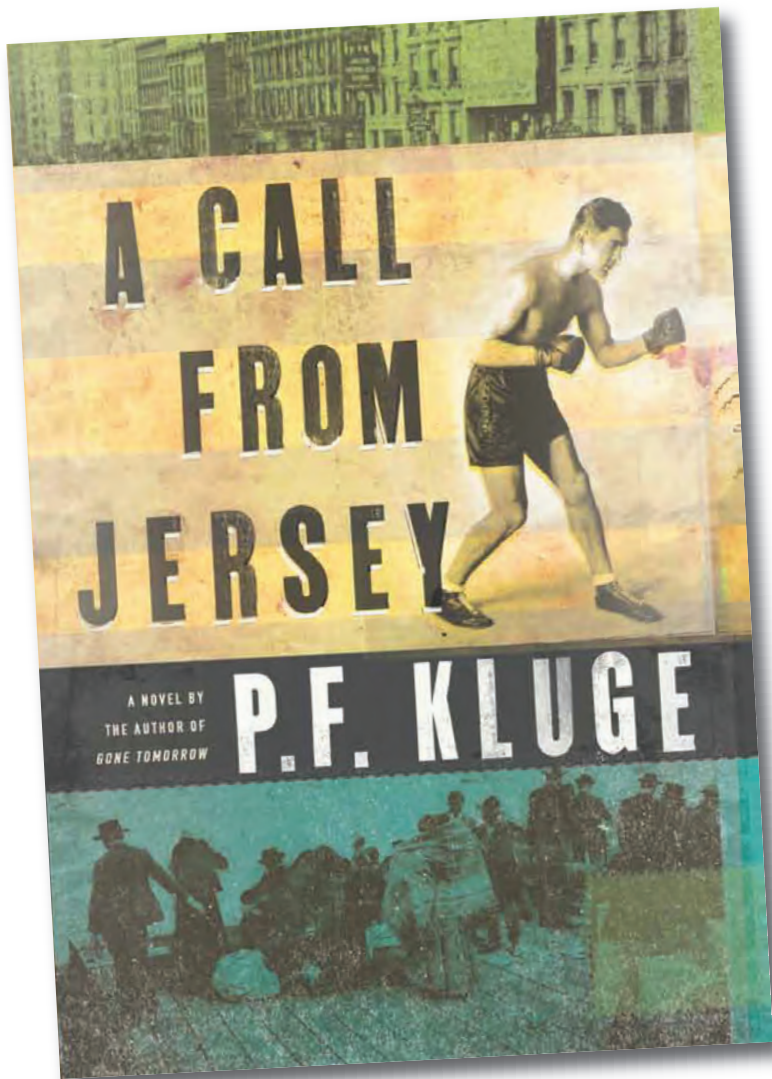
WALK RUN KICKOFF

Jean Quinn, Dariell Leak, Aida Colon-Liptak, Albert Colon-Liptak, Christian, Antonio and Andrew Colon-Liptak, Natalie Krauser McCarthy and Ted Calefati strike a group pose during the Arc of Union County Corporate Team Kickoff Luncheon at L'Affaire in Mountainside. Up for discussion was the September 25th event at Oak Ridge Park in Clark. The 5th annual Step Up for The Arc Walk/Run presented by The Provident Bank will raise funds and awareness for the developmentally disabled. Photo by J. Nolan.



CAN'T TOP THIS

EDGE Magazine was well represented at the 5K Pizza Run in Westfield in July. Trinitas was a platinum sponsor of the popular event, with the Medical Center's ambulance serving as the "pace car" for the start.



Punch Lines

Home is where the heart is. And your main artery is Route 22.

By Mark Stewart

Reunions can be tricky business. In this era of e-blasts, e-vites and e-stalking, we tend to overlook the raw courage it often takes to actually show up and confront your past face-to-face. P.F. Kluge's new novel, *A Call from Jersey*, is all about reunions. Not just the familiar "Class of..." gatherings that roll around every half-decade or so. The author casts his net wide to examine reunions of all shapes and sizes, ultimately tugging at the very nature of estrangement and reconciliation.

The Union County hamlet of Berkeley Heights serves as the epicenter for much of *A Call from Jersey*. Kluge is an unapologetic Jersey Boy with an intimate understanding of the suburban landscape. The story, much of it set in the

1980s, stretches across generations and cultures—and occasionally through the Holland Tunnel—to connect a father and son so preoccupied with how their lives have turned out that they can barely manage an adult conversation when they're together. Gentle ironies define this relationship. Hans, a seventy-something German-American, is feeling lost in America. His son, George, is a travel writer capable of describing the exotic and mundane with equal aplomb, yet can't quite put his finger on exactly where, or even what, "home" is.

Kluge, it's worth noting, is the man who supplied the literary inspiration for a pair of iconic films, *Dog Day Afternoon* and *Eddie and the Cruisers*. The former, about a Brooklyn bank

EDDIE! EDDIE!

What's it like to have your book transformed into a major motion picture? When *Eddie and the Cruisers* went into production in 1981, P.F. Kluge was offered a chance to work on the screenplay. "I declined," he says. "I had just finished the novel, I had just produced this baby. I didn't want to go at it with a scalpel. Later on, I realized that this might have been a mistake. It would have been a nice paycheck, but also that there were some characters who could have used a little protection."

Twenty-seven years after the film's release, the author says he likes the way it has entered people's lives in a way that a book never can. "The shelf life of a book these days is somewhere between milk and yogurt," he says. "*Eddie and the Cruisers* resonates and echoes a little as a book, but it's basically gone. The movie gives it a renewed life, although in an altered form."

"When the thing comes on—which it does constantly—I know which scenes move me...and also the scenes when it's time to go into the kitchen for a beer."

robbery gone agonizingly awry, starred Al Pacino, fresh off *Serpico* and his two *Godfather* triumphs. The latter, about a fictional 1960s Jersey rock band, probably qualifies as a cult classic; certainly that's true here in the Garden State. From a storytelling standpoint, the most appealing aspect of *Eddie*—the book and the film—is how effortlessly the narrative moves between past and present. Kluge utilizes time-shifting to great effect again in *A Call from Jersey*, transporting readers back to the 1930s in order to cobble together a kind of baseline for his characters. There we meet a young Hans, fresh off the boat from Germany, determined to shed his "greenhorn" label and start an American family. As the gap narrows between Hans and George, both time-wise and relationship-wise, the author fills in the pertinent details to set up the surprise finish.

The most distinctive aspect of *A Call from Jersey* is how comfortable Kluge is in his two different skins. The book is narrated in the first person, but alternates between Hans and George. The pressure of getting it right for two characters, says Kluge, is outweighed by the advantages of writing in multiple voices.

"When you are writing, you are faced with that choice between first and third person," he explains. "The first person is attractive to young writers because you can put a lot of yourself into the persona of the narrator. That's fine, except there are certain places you can't go. You can't 'play the field'—you're a little bit stuck with that one person. The

third person offers a larger palette, but you are at a distance from the characters."

"I like the idea of alternating first person narrators, though it's not without problems. The voices have to be persuasive and can't be too much alike. That challenged me, but I like it when it works. It combines the advantages of first and third person."

As Kluge's two main characters stumble toward a long-neglected father-son reunion, they also pursue reunions of their own. George, feeling lost in his late 30s, is staring down the barrel of his 20th with that familiar mix of expectation and anxiety. Kluge, it is worth noting, is headed toward his 50th reunion this fall. In his case, it's a not-insignificant trip from Gambier, Ohio, where he is Writer in Residence at Kenyon College.

"The reason I faithfully attend my high school reunions is to see how lives are turning out," he explains. "It's what writers do. At a certain point, elements of competition, appearance and accomplishment dominate reunions. But over time it mellows out. You just want to stare at people and remember and connect. Reunions are about wanting to belong to that same bunch you had in the beginning. Or what's left of it."

Editor's Note: *A Call from Jersey* was published by The Overlook Press in September 2010. The author's previous novel, *Gone Tomorrow*, was named one of the best books of 2008 by NPR.



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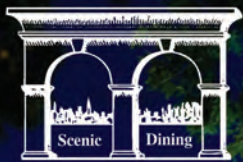
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Dining On The EDGE



It's not every day that a restaurant can say it turned 100. This fall, the Highlawn Pavilion is celebrating a century of treating New Jerseyans to an exquisite view of New York City from its perch atop the Eagle Rock Reservation in West Orange. Imagine how that vista has changed over the decades. To transport diners back in time, Chef Mitchell Altholz has created a three-course menu featuring contemporary recreations of popular dishes from the turn of the century. The Knowles Family (they also own The Manor and Pleasantdale Château) are pulling out all the stops to mark the start of the property's second century.





HIGHLAWN PAVILION



**“PROOF THAT A SPECTACULAR VIEW AND
EXTRAORDINARY FOOD CAN COEXIST” - ZAGAT SURVEY**

“**” - STAR LEDGER**

“EXCELLENT” - NEW YORK TIMES

*Highlawn Pavilion is also available for weddings, rehearsal dinners
and life's most important celebrations.*



THE SCIENTIST'S WATCH

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