

# James Lane

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**Kara  
Hoblin**

Essential Hope,  
An Artist Spotlight

p. 3



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# Kara Hoblin

## Essential Hope, An Artist Spotlight

By Nicole Teitler

Art is an integral part of our existence, with cave paintings that date back to 40,000 years ago. It is symbolic of human thought and a characteristic of cultural paths. Art, in its various forms, is essentially what connects humanity.

Back at the start of the pandemic, when shelter in place orders were in full effect, Long Island artist, Kara Hoblin captured hearts with an impromptu driveway mural, “Thank You Healthcare Heroes.” The image went viral on social media. Amid the height of social isolation, her artwork gained widespread popularity and connected her to people all over the world — a single image that sent a wave of inspiration across the internet.

“I’m really so grateful that Instagram lets me connect with people. I get a lot of human interaction during a time when we can’t actually hang out in person. It feels like my art and life’s work are being appreciated, understood, and I’m on the right path,” Hoblin said of her organic, 15.1k followers (and growing) on the platform. Prior to stay at home orders, Hoblin viewed social media merely as a place to display her work. Now, it’s become a gateway for new business and evolving friendships.

Before 2020, Hoblin was chiefly recognized for her commissioned murals at local businesses — First and South in Greenport, Love Lane Kitchen in Mattituck, The Brixton in Babylon, Hounds Tree Wines in Williamsburg, to name a few — and, perhaps most remembered, her live chalk erases “The Art of Letting Go.” Her commercial work runs the gamut of industries — restaurants, office spaces, galleries, weddings, and even festivals. But as COVID regulations held on, her livelihood also took a hit, reducing her work to 40 percent of what it used to be. “When the pandemic first started, if a business shut down indoor service or closed, there was no more need for my art if people weren’t visiting to see it. It’s part of the guest experience.”

Without tangible, in-person encounters, her days felt more like periods of mourning, and inspiration began to wane. A lament for the old world — the physical and the psychological. “At first it was all very negative, the world imploding and everyone being hidden away in fear. This deep isolation, sadness of the death and uncertainty around us. But then it changed, or I should say I changed my perspective,” Hoblin expressed. In the nearly 10 months since the driveway mural, Hoblin has endured a creative awakening. Like many others, the onset of a global crisis affected every aspect of her life, including where and how she worked. Rather than fall into despair, she harnessed her sensations and began to create. “I used my art to pull myself out of it. I think, in that, I was able to help a lot of other people as well.”

For a moment, Hoblin questioned her place as an artist, speculating a degree in medicine or chemistry would have been more useful to the new world. Fortunately, the cut in commercial work allowed her to tap into personal work. In looking inward, Hoblin worked outward and arose from the sadness and gripping fear brought on by the news and social media. She began to flourish, using her gift as an artist to provide hope — an essential need during the pandemic.

“I can’t dwell on what I’m not. I need to be present and use the tools I have in front of me — literally my hands. We collectively, as a species, were going through a universal loss. And many people experienced a literal loss. Hopefully, through my work I can bring some positivity and light to a dark present we are all experiencing.” Through her introspection, Hoblin’s fine art sales skyrocketed and led to the start of an Etsy account for prints and merchandise last June. Overall, 2020 “provided change and

growth, over and over again.”

Without art shows, or hired events, life has slowed down. Hoblin revisits old ideas while trying her hand at new ones — chalk work on paper, using organic clam shells, and a new mural in Port Jefferson Village that was commissioned by Discover Long Island. The mural was her first collaborative project where she was given full creative liberties, and another mural is scheduled in Long Beach when the weather warms up. Hoblin is

emerging from the chrysalis that was 2020 with sights on a new type of canvas.

“2021 is the year of living art, art you live in, and art that is alive around you,” Hoblin said of her new painted, large scale interior design murals, decorating private home living spaces.

As the pandemic rolls on, Hoblin continues to be inspired by nature. She spends time with her Australian Shepherd, Lily, exploring the woods and picking up trash on the shorelines.



Kara Hoblin in front of her mural in Port Jefferson Village, commissioned by Discover Long Island. Photos by Jessica Mackin-Cipro

# Abraham Adeyemi

By Ty Wenzel

Photo by Folaju Oyegbesan

When we look back on 2020, most of us will cringe and shudder at the sheer turbulence that injected itself into every aspect of our lives. But for some, it was a time to learn new things, work on their mental health, start the novel they'd been dreaming about writing. For Abraham Adeyemi, that meant qualifying for the Oscars because he wrote and directed a beautiful film that won the Tribeca Film Festival for best narrative short. The South Londoner made his directorial debut with "No More Wings," which won the Soho House's global screenwriting competition, Script House.

"It's been a whirlwind year," said Adeyemi, when congratulated on his qualifying for the Oscars. "It's been longer than a year because we made the film 18 months ago. It's kind of all been consistently exciting, positively exciting."

"No More Wings" converges at one table in a small South London fried chicken joint and immediately we are met by two lifelong friends who have landed in two very contrasting points in their lives. The class disparity is apparent from the costuming but when Isaac announces that he is buying his first home in a ritzy part of town, Jude declares how he'd never leave his hood.

There is a scene when after their chicken arrives, Isaac watches transfixed as Jude peppers his food with delicate movements of his fingers. There seems to be a significance attached to it.

"It's so funny because my best friend watched the film for the first time, he and another friend were talking and saw elements of me in the film. I'll always ask for eight peppers and one salt," Adeyemi explained. "In that moment I was trying to reflect, that people have their very own rituals. It was nostalgic for Isaac to see his friend after all these years that he still does this. That's quite beautiful about friendships, when you haven't seen someone for years and you might worry that you don't recognize them anymore, and they do things that make you say they're still the exact same person."

The film quickly adds an interesting and very engaging twist that gives the viewer an a-ha moment when two young teenagers walk in passing Isaac and Jude and sit at the counter. Isaac, in particular, watches them with interest as he continues to catch up with Jude. And as the viewer we realize we are watching them as children — in real time. The flashback has entered the here and now and we get to listen in on the teens talk about their hopes and dreams while we watch the results of those heartfelt ambitions at the table across the room. Using flashbacks in real time cements a narrative by showing the past and future side-by-side, at some points even interacting with each other, in a guttural way it feeds our need for instant gratification.

"It's a film you have to watch twice. Once you see that moment, all of a sudden you're like wait. You start questioning so many things. The only way to potentially see it is to watch it a second time with the knowledge you now have," he said.

It begs the question that perhaps we are always interacting with our past, ghosts, and demons? "There are so many theories on what I mean in that moment. The first question is always were they the same people or not. We are always interacting with our ghosts and demons. We are composed of our history and past. Everything that happened yesterday created the being we are today. Those things are always impacting who we've become," Adeyemi said. "A year or two ago I got really caught up with the concept that anything that I do in life, there's a reason behind it. Do you put water on your toothpaste first, and so, sometimes it's easier to look from the outside in to see everything. To be the observer — that's when you can all of a sudden piece it all together."

In the film, Isaac is in a dashing suit, a consummate professional. We see him as a teenager at the counter, scolding Jude, the teen, about studying for an exam. Isaac the adult has become a successful businessman and buying a home outside of South London. He is definitely showing the viewer how he is leaving his past. Jude, despite all of his talents, is stubbornly clinging to his past in that he is staying in his neighborhood, no matter what. But he had dreams. Jude explains that the neighborhood is experiencing a gentrification and after all the time he's given the region, why wouldn't someone stay for the "glow up?" He follows this with, "There's no place like home."

"Firstly, I think, home can be toxic. One might argue, if you were born in Bel Aire, how could that be toxic. It can be very toxic. Also, there has to be an element of fear. What happens when I step out of this comfort zone? I grew up in South London. I moved back about six months ago, and I feel more comfortable here than anywhere because this is the place I've known my entire life. That's not to say I'm going to stay here forever. It's not so much about lucking out on a place — whether that place gets better or not, this character wants to stay there." Glow up or not.

Jude had many talents as a kid, and we get the idea that he could've chased his dream of becoming a rapper. Clinging to a home that he loves could be construed as a clutch for a number of rationalizations on the part of his character. "It replicates his relationship with his ambition. He was naturally talented at a number of things, but, when it required him to get out of his comfort zone, which is essentially push even harder by getting out of his comfort zone, show more dedication, and really chase that dream — instead of doing that, he changed dreams. Is it a fear of failure? Is it impatience? It's so many different things."

Because of their current circumstances, there is a sense of animosity between Jude and Isaac — and deep love. The messages we are shown of the friends' feelings about the other is subtle

but powerful. Isaac, the businessman, seems to be wondering why Jude would prefer to stay in South London. Jude doesn't seem to envy his successful friend. In most circumstances the less successful friend might feel like the one who didn't achieve his dreams. Jude appears to be fighting for the right to love where he lives, even if it isn't glamorous or a badge of success, whether it's an excuse for his failings or not, he declares, "there's no place like home."

It's amazing to have one a-ha moment in a 10-minute film. But two? It can break your heart when it is revealed that the moment Isaac turns his head to put on his overcoat, Jude, the teen, grazes passed Jude, the adult, and their hands swipe in a blink of an eye where a drug transaction occurs. Jude, the adult, just sold Jude, the teenager, some dope. What? The viewer does a double take. Did that just happen? Jude turns out to be a drug dealer? No!

Adeyemi laughs when the trauma of that moment is revealed. "You reacted exactly like everyone reacted to it! It means I did the job. It's true, he's a drug dealer," he said. "It's interesting because I always ask people why does him being a drug dealer mean we should stop rooting for him? A year ago working three different jobs — no one could tell me that because I was working all these jobs that I was not a writer. It may not have been paying the bills, but I was still a writer. For me to be able to chase that dream, I needed stability, a roof over my head. The more poignant message in that moment is that, when that exchange happened, it was deliberately captured in the way that it was. You see no faces, just the transaction, two hands. Are these the same characters? Even if you were sure that it was a past and present, now you're not sure. You've just seen the two stories connect in a way you weren't expecting."

While the end credits roll, we hear a song that fully explains the film. It's called "Cycle" by Wretch 32, featuring Tension/Talay Riley. "The song says everything you need to know about that moment, which is that unfortunately in this community these negative things are cyclical. This adult at the table passing drugs to a kid — at one time someone did this to him as well. This is how he ends up in this cycle and he perpetuates it. I truly believe that that character, Jude, wants to break from his destructive behavior. He wants to make something of himself, he wants to provide for his family in a legit way and make his partner and his child proud of him. It's just easier said than done."

Adeyemi explains that there are some people watching the film that will say Jude is an "asshole" and that he had been lying the whole time. "It says more about them than it says about the story. My hope is that people will take away multiple interpretations from it. Maybe it's not just what's on the surface. Even though he's done this bad thing, recreating this cycle, you still believe that this guy can get out of this. It's intended to be a film about hope."



Hot Dog (1-year-old) is currently at ARF. Photo by Will Yennie

# Animal Shelters

## Adapting to a new world

By Nicole Teitler

If the past year had a label — aside from the year of a global health crisis — it'd probably be recalled as the most time any of us have ever spent with our pet(s). While humans recoiled at the thought of quarantine, dogs rejoiced at their new walk schedule and cats knocked things over in retaliation. As COVID regulations continued the feeling of isolation sunk deeper, and those without the comfort of an animal soon ached for companionship.

"We often receive tens of applications for a single animal and, in the case of puppies in particular, we have often received hundreds of applications for a single pup," Melissa Treuman, the Director of Brand Communications for Bideawee said.

Since the start of the pandemic, demand for adoptions skyrocketed. But early travel restrictions limited rescues from southern states and Puerto Rico, which made transporting the animals laborious. Executive Director Scott Howe of the Animal Rescue Fund of the Hamptons (ARF) explained, "We found different ways to do transport and work with different kinds of partners. At the end of the day, I have to keep my staff and their families safe and make sure we have people healthy here who can care for the animals."

Bideawee's three locations — Manhattan, Wantagh, and Westhampton — saw a drop by nearly 35 percent, year-over-year, due to the increase in demand and decrease in transport. However, fostering, which provides animals with temporary care and housing, increased for the organization by approximately 63 percent.

"This was particularly key in the early days of the shut down when we were able to place all of New York City shelter animals in foster care until we were able to organize our COVID procedures. We received hundreds of applications for fostering," Treuman said. "So many that we had to shut the application down for several months because we did not have enough animals to meet the demand. This was a significant bright spot amidst the challenges as we were able to significantly grow our foster program which is now a key part of our adoption program."

Foster's are a fundamental cornerstone to a shelter's operations. The animals are given a warm, loving home, where they learn to socialize, while shelters are able to free up space for new rescues. "Humans are biologically predisposed to feel a deep connection with animals because they have been essential to our survival for millions of years," Dr. Katie Lawlor, a clinical psychologist at the Veterinary Mental Health and Resiliency Group in San Francisco explained.

Oftentimes, foster animals become "foster fails," meaning they are permanently adopted by their host family. Over the course of the pandemic, older and senior pets, those overlooked for months or years, benefitted most with the highest rate of fosters and permanent adoptions. ARF in particular proudly announced that two of its longest term dog residents are now in the comfort of a new home.

But the aftermath of COVID isn't quite over. For a brief time in spring 2020, due to limits on protective equipment, trap-neuter-release programs, those used to control the feral cat population, were suspended. Although TNR practices resumed by June, the reproduction rate of feral cats during that time could lead to an upcoming surge in litters. As springtime approaches, shelters expect a tremendous need for kitten fosters in particular, a direct

result of the pandemic.

"Cats that go through TNR programs are healthier to have around and can no longer reproduce. We also help support the feral cats so if one were to get sick or injured we can treat and care for them at our facility," Kate McEntee, Director of Adoptions at Southampton Animal Shelter Foundation said of its Advo-Cat Program. "Adult feral cats are trapped, neutered/spayed, vaccinated and returned to their colonies unable to reproduce. Kittens are taken in and socialized in foster homes and eventually adopted. They are also altered and vaccinated prior to adoption."

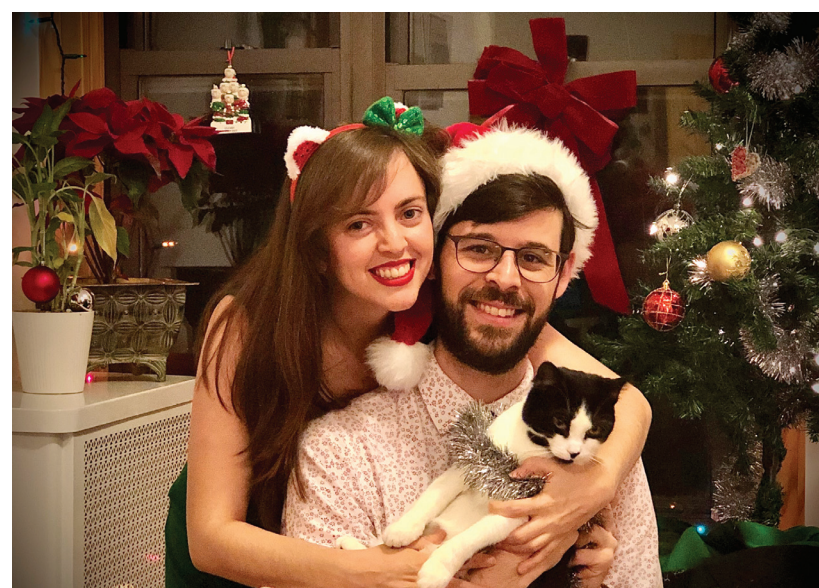
Although the adoption process has changed — staff members go through temperature checks, everyone is required to wear a mask, and social distancing has led to appointment based visits — shelters are adapting. "We're evolving as needs evolve," Howe said, noting ARF's virtual efforts of a dog walk, gala, and the in-person ARF Thrift Shop in Sagaponack. "Our community and supporters have been fantastic."

To help facilitate the adoption process, SASF offers scheduled or virtual visits in its cat patios (catios) and introduced Roadside Adoptions and Fosters, "a program designed to help pets find their foster and forever homes in a sanitary, social-distance-friendly fashion," McEntee said. The program includes a curbside introduction between human and pet, all pet supplies provided, and, for those with a pet at home, the ability to bring along existing animals to meet in a large area to observe how they interact.

Despite the new hurdles of the adoption process, pet ownership has proven to be the silver lining during troubling times, not only for the animals but for humans as well. "Pets provide us comfort and security during this pandemic-imposed time of isolation and uncertainty. Specifically, we perceive our pets as calming influences that provide us with a sense of stability throughout our daily routine," Dr. Lawlor continued, "This becomes critically important if that routine has been impacted by the pandemic or if we have recently lost a loved one. Their presence fosters an increase in confidence levels and perceived personal safety."

Those who work or volunteer at animal shelters also benefit from simply interacting with the animals, which leads to decreased depression, symptoms of anxiety, and feelings of loneliness while increasing emotional and social support. Individuals living alone also find that pet ownership provides a sense of purpose and reason to remain active.

"Our goal as a team, as a staff, would be that our animals never know the difference between life before the pandemic, here at the shelter, and life after," concluded Howe. "That's our commitment this whole time. The great care that happens hasn't stopped."



Bideawee adopters with their kitty, Alaska. Photo courtesy Bideawee



Pupstar, the longest resident at SASF goes to foster home as part of the shelter's senior-to-senior program. Photo courtesy Kate McEntee



Brimley, 8-years-old, is currently at ARF.



# Jane Birkin

By Jessica Mackin-Cipro

Actress, singer, songwriter, and fashion icon Jane Birkin has recently released “Oh! Pardon tu dors...” her latest album. The lead single and video, “Les jeux interdits,” is also available for streaming.

Birkin is known as an international cultural icon, whose career as an actress in British and French cinema and decade-long romantic and musical partnership with seminal French musician Serge Gainsbourg launched her to global fame. Over 50 years she has released 20 albums.

Her influence also extends to the fashion world. She is known as the inspiration for Hermès’ iconic Birkin bag.

The album marks her most intimate and personal album to date, addressing for the first time in music the tragic death of her first daughter, Kate Barry, a well-known fashion photographer. It was also partly inspired by Birkin’s theatrical play of the same name, “Oh! Pardon tu dors...” — which translates to “Oh! Sorry you were sleeping...”

“At the start, we took inspiration from the script of ‘Oh! Pardon...,’” said Birkin of the pro-

cess. “But then, gradually, we moved away from this and more pressing, urgent themes emerged. My daughter Kate, loss, heartbreak . . . Little by little, we drifted towards other horizons.”

The album touches on universal themes of absence, love, anxiety, ghosts from the past — and, ultimately, healing and release.

The album’s 13 songs feature lyrics written by Birkin — including, for the first time, two tracks in English — and music by Etienne Daho and Jean-Louis Piérot, who also produced. Daho co-wrote lyrics on multiple tracks as well.

“Etienne helped me release a past pain, which

saved me from melancholy and inertia,” Birkin recalled. “The three of us — Etienne, Jean-Louis and I — gave each other everything, we took everything from each other and I’m still stunned by how we worked together. We are this album’s parents . . . and this moves me.”

Birkin is also known for her philanthropic efforts, such as her work with Amnesty International, the fight against AIDS, and the humanitarian crises in Sarajevo during the Bosnian War and Fukushima following 2011’s earthquake and tsunami.

The album is released via Verve Records.



## '90s “Beach Mix”

By Jessica Mackin-Cipro

*It was the late 1990s and I spent every day of summer at Atlantic Avenue Beach in Amagansett with my friends. My baby blue portable cassette player would rotate our mix tapes. Some songs were only half songs, when I didn't press record in time while recording them off FM radio, but that was alright. I had a beeper that would alert me when my parents were coming to pick me up at the end of the day. Life was good. This is my 1990s “Beach Mix.” (Strange radio segues between songs not included.)*

The Doors – **Break on Through**  
 Bob Dylan – **Like A Rolling Stone**  
 Everclear – **Santa Monica**  
 Red Hot Chili Peppers – **Aeroplane**  
 Jimi Hendrix – **All Along the Watchtower**  
 Aerosmith – **Ain't that a Bitch**  
 Santana – **Black Magic Woman**  
 Weezer – **Undone – The Sweater Song**  
 Sublime – **What I got**  
 Led Zeppelin – **Stairway to Heaven**  
 The Mighty Mighty Bosstones – **The Impression I get**  
 Lynyrd Skynyrd – **Freebird**  
 Steve Miller Band – **Rock'n Me**  
 Beck – **Where It's At**  
 Wyclef – **Gone Till November**  
 Janis Joplin – **Piece of my Heart**  
 Blind Melon – **No Rain**  
 Sam The Sham & The Pharaohs – **Wooly Bully**  
 Aerosmith – **Dream On**  
 The Beatles – **I Want To Hold Your Hand**  
 Third Eye Blind – **Semi-Charmed Life**



## Morning Chill

By Christine Prydatko

*It's a new year and each day presents a new morning. Our Spotify playlist to start your day filled with reflection and relaxation.*

Quarantined With You – **Lawrence**  
 The Lunar – **Biet**  
 Baby – **Brandon**  
 Your Lovin' – **Sol Rising**  
 I'm All I Need – **Beautiful Chorus**  
 Si Do Hymn – **Biet**  
 Icarus – **Aaron Taylor**  
 Right Now – **Ayelle**  
 My Little Light – **Beautiful Chorus**

Find each of our James Lane Post playlists on Spotify.



## Sing It Loud

By Jessica Mackin-Cipro

*There are many health benefits to singing. According to Healthline, singing can relieve stress, stimulate immune response, improve lung function, and help with grief. So, during a time when we're all stressed about a virus that attacks lung function, we figured some extra singing at home might just help a little. We put together a playlist of songs for you to really belt, enlisting the help of Barbra, Beyoncé, and Bette. Hold those notes . . . and then hold them a little longer. And so what if you don't have the vocal range of Mariah Carey or Jennifer Hudson? Your secret is safe with us.*

If I Ain't Got You – **Alicia Keys**  
 When We Were Young – **Adele**  
 I Have Nothing – **Whitney Houston**  
 Hero – **Mariah Carey**  
 Wind Beneath My Wings – **Bette Midler**  
 Since U Been Gone – **Kelly Clarkson**  
 You're All I Need to Get By – **Aretha Franklin**  
 Somewhere – **Barbra Streisand**  
 I'll Be Seeing You – **Billie Holiday**  
 It's All Coming Back To Me Now – **Céline Dion**  
 Save The Best For Last – **Vanessa Williams**  
 Bohemian Rhapsody – **Queen**  
 Greatest Love Of All – **Whitney Houston**  
 Foolish Games – **Jewel**  
 I Wanna Love You Forever – **Jessica Simpson**  
 Love On Top – **Beyoncé**  
 Beautiful – **Christina Aguilera**  
 And I Am Telling You I'm Not Going – **Jennifer Hudson**  
 Someone To Watch Over Me – **Ella Fitzgerald**  
 Your Song – **Elton John**



## First Lady of Song

By Jessica Mackin-Cipro

*It's a Sunday kind of playlist. The kind you put on while making breakfast and your entire day is instantly better. As we profile Ella Fitzgerald on the following page we wanted to pay tribute with a “First Lady of Song” playlist.*

Cheek To Cheek - w/**Louis Armstrong**  
 Someone to Watch Over Me  
 Manhattan  
 A Fine Romance - w/**Nelson Riddle**  
 You Make Me Feel So Young  
 Just One Of Those Things  
 But Not For Me  
 A Sunday Kind Of Love - w/**Andy Love Quintet**  
 I've Got A Crush On You  
 Stompin' At The Savoy - w/**Louis Armstrong**  
 A-Tisket, A-Tasket  
 I Get A Kick Out Of You  
 It's A Lovely Day Today - w/**Paul Weston**  
 Autumn In New York - w/**Louis Armstrong**  
 Let's Do It (Let's Fall In Love) - w/**Louis Armstrong**  
 The Lady Is A Tramp  
 Too Marvelous For Words - w/**Nelson Riddle**  
 I Only Have Eyes For You  
 Mack The Knife - w/**The Paul Smith Quartet**  
 Stormy Weather  
 April In Paris - w/**Louis Armstrong**  
 Take The “A” Train - w/**Duke Ellington**



By Jessica Mackin-Cipro

# Ella Fitzgerald

**E**lla Fitzgerald has won 13 Grammys and sold over 40 million records. A documentary was released last year chronicling her life's work. Ella's recently discovered "The Lost Berlin Tapes" have also recently been released.

The legacy of Ella Fitzgerald continues to live on in our daily culture. Through her trails and tribulations, her legacy is embedded in both Black history and New York history.

Known as the First Lady of Song, Ella was the most popular female jazz singer for a large part of the 20th century.

"I sing like I feel," the famous songstress who would be 104 this year once said.

Her story bears repeating — again and again throughout history. It's a story of all she once endured in order to become one of the greatest of all time.

Ella was born in Virginia in 1917 but grew up mostly in Yonkers — fleeing the racism of the south during the Great Migration. As a young girl she would take the train to Harlem with friends to see shows at the Apollo Theater, a place that would become synonymous with her name in later years.

When she was a teenager both her mother and stepfather passed away, and she entered a time in her life that was filled with struggle.

Her grades dropped, she skipped school, and got in trouble with the police. Ella was eventually sent to reform school. There, as a 15 year old girl, she suffered beatings. She escaped only to find herself alone with no money during the Great Depression. She would dance on the street corners of Harlem for nickels. It is said that she used her memories from this time to bring out emotion in her later performances.

It was during the Harlem Renaissance, and while jobs were hard to come by, art and music were alive and well, the heartbeat of the neighborhood. In 1934 Ella competed at Amateur Night at the Apollo Theater. The band played Hoagy Carmichael's "Judy," one of her mother's favorites. The audience cried for an encore, to which she obliged — and the rest, as they say, is history. A shy, practically homeless girl came to light on stage.

"Once up there, I felt the acceptance and love from my audience," Ella once said, according to the singer's website. "I knew I wanted to sing before people the rest of my life."

She joined drummer and bandleader Chick Webb's band, and at the age of 21, recorded a version of the nursery rhyme, "A-Tisket, A-Tasket." The album sold 1 million copies, propelling her to fame.

"I know I'm no glamour girl," she once said,

as she received backlash for not having a specific look. "And it's not easy for me to get up in front of a crowd of people. It used to bother me a lot, but now I've got it figured out that God gave me this talent to use, so I just stand there and sing."

In 1946 Ella fell in love with Dizzy Gillespie's bassist Ray Brown. The two married and adopted a son, named Ray, Jr.

She later teamed with manager Norman Granz and worked with Louis Armstrong. It was around this time — late '50s and early '60s — she produced her infamous songbook series, recording the songs of Cole Porter, Duke Ellington, the Gershwins, Johnny Mercer, Irving Berlin, and Rodgers and Hart.

"I never knew how good our songs were until I heard Ella Fitzgerald sing them," Ira Gershwin once said.

"Ella Fitzgerald is beyond category," said Duke Ellington.

Itzhak Perlman, the founder of The Perlman Music Program on Shelter Island, appeared in the recently released documentary, "Ella Fitzgerald — Just One of Those Things."

"The thing about Ella is perfection, great artistry. There is only one thing you cannot teach and that's certain magic," said Perlman. "You cannot teach magic. And when Ella turns a phrase, that's magic."

While touring, Granz refused to accept discrimination at the hotels, restaurants, or concert venues they travelled to, even in the South. Roadblocks were unfortunately still part of the journey.

Granz had to sign for Ella's first house in Beverly Hills because the community didn't want Black people moving in, according to the documentary.

While touring for the Philharmonic in Dallas, police barged backstage to hassle the group. They arrested everyone in Ella's dressing room, where band members Dizzy Gillespie and Illinois Jacquet were shooting dice.

"They took us down," Ella recalled, "and then when we got there, they had the nerve to ask for an autograph."

Ella also received support from Marilyn Monroe, helping to break barriers in music, pushing the envelope away from segregation at nightclubs and other venues.

"I owe Marilyn Monroe a real debt," Ella once said. "It was because of her that I played the Mocambo, a very popular nightclub in the '50s. She personally called the owner of the Mocambo, and told him she wanted me booked immediately, and if he would do it, she would take a front table every night . . . I never had to play a small jazz club again."

The documentary recalled a radio interview

with Ella and host Fred Robins in 1963, during the Civil Rights Movement, when she spoke out about prejudice in America. The interview did not air at the time.

"It makes you feel so bad to think that we can't go down to certain parts of the South and give a concert like we do overseas and have everyone just come to hear the music and enjoy the music," she said.

"The diehards, they're just going to die hard," she said of those fighting to keep racial segregation in the South. "They're not going to give in. You've got to try to convince the younger ones. They're the ones who got to make the future and those are the ones you've got to worry about, not those diehards."

"I'm just a human being," she said.

Tony Bennett recalled something Ella once said to him: "Tony, we're all here." With those three words, he described how she summed up the ignorance of the world.

Ella toured well into her 70s. In 1974, she had a legendary two weeks of New York performances with Frank Sinatra and Count Basie. It wasn't until '91, when she held her final concert New York's Carnegie Hall, her 26th performance at the venue.

Career honors include being inducted into the Down Beat magazine Hall of Fame and receiving Kennedy Center Honors for her continuing contributions to the arts. President Ronald Reagan awarded Ella the National Medal of Arts. France followed, presenting her with the Commander of Arts and Letters award.

Throughout her career, Ella recorded over 200 albums. On June 15, 1996, Ella Fitzgerald passed away in her Beverly Hills home.

Throughout her life she made many donations to organizations for disadvantaged youths. Along with her music legacy, Ella left a legacy of philanthropic work through The Ella Fitzgerald Charitable Foundation, which provides literacy, music education, and access to housing, healthcare, and related support services to at-risk communities.

Ella established the Foundation back in 1993. When the pandemic hit, the organization expanded its "A Book Just For Me!" program and has donated over 20,000 new books as well as school supplies to those in need.

According to its website, the foundation was formed to "help people of all races, cultures and beliefs. Ella hoped to make their lives more rewarding, and she wanted to foster a love of reading, as well as a love of music."

In 2007 she was commemorated on the US Postal Service's postal stamp as the 30th inductee in its Black Heritage series. The image used for the stamp came from a photograph taken in the 1950s by Sag Harbor artist Paul

Davis. A dedication ceremony was held in New York City at Jazz at Lincoln Center.

Last month, Neighbouring Rights, the Downtown Music Holdings subsidiary, announced they now represent the Estate of Ella Fitzgerald for global performance royalty collections outside of the U.S. The deal covers the vocalist's entire repertoire, including "Dream a Little Dream of Me," "Cheek to Cheek," "Into Each Life Some Rain Must Fall," and "It Don't Mean a Thing (If It Ain't Got That Swing)."

"We are so pleased to have Downtown Neighbouring Rights represent the Estate of Ella Fitzgerald. Her legacy as one of the most popular jazz vocalists of all time lives on and we are very excited to have it in such good hands," said Richard Rosman, the president of The Ella Fitzgerald Charitable Foundation, which owns the rights to the catalog.

A few months ago a never before heard album, recorded at a live concert in Berlin in 1962 was released. "The Lost Berlin Tapes," released on Verve Records, provides an iconic performance from Ella and her band at the time.

Throughout her career Ella performed all over New York, not only in Manhattan venues like The Apollo, The Savoy Ballroom, Minton's, and Carnegie Hall, but also on Long Island, at spots like the Theater at Westbury.

In an article for Newsday remembering Ella Fitzgerald at 100, Martin Schram of Tribune News Service recalled a time at Long Island's Westbury Music Fair.

During a rendition of Duke Ellington's band's "Cotton Tail," [Paul] Gonsalves put his sax to his lips; his cheeks puffed, fingers flew, body swayed — but nothing came out of the business end of the sax! Not one note!" he wrote, explaining that Gonsalves had an addiction problem and wasn't able to play that evening.

"But Ella saved the day! With a giggle, she grasped Gonsalves' microphone, exaggeratedly tilted it toward her — and performed a magnificent scat-singing version of his solo, down in the low raspy timbre of a tenor sax. Next she grabbed her own mic and sang another scalding, soaring high-pitched solo. Then poor Gonsalves tried again, flailing but failing. No problem: Ella delivered another kickass sax solo. And the band, fully recovered, kicked their 'Cotton Tail' home to a roaring finish. Ellington's band actually beat the audience to their feet for a standing ovation tribute to Ella. The Duke kissed her cheek."

Ella Fitzgerald continues to live on in the hearts of many, through her song and her legacy. In the words of Bing Crosby, "Man, woman or child, Ella is the greatest of them all."

In the words of Ella Fitzgerald, "The only thing better than singing is more singing."

# A Walk Outside

Quogue Wetlands Preserve. Photo by Irene Tully



Each week this winter James Lane Post has highlighted on our website ([www.jameslanepost.com](http://www.jameslanepost.com)) a different spot to explore outdoors on the East End in our series “A Walk Outside.” Fresh air is so important while we’re all stuck inside. Here are a few of the spots we’ve explored.

## Field of Dreams

“Field of Dreams,” is the Parrish Art Museum’s inaugural sculpture exhibition, located in the meadow on the grounds of the museum in Water Mill.

The show presents work by 10 international, multi-generational artists working in a variety of genres, including Theaster Gates, Jaume Plensa, Jim Dine, Roy Lichtenstein, Joel Perlman, Joel Shapiro, Max Ernst, Bernar Venet, Isa Genzken, and Giuseppe Penone.

The space is also home to “Bonac Blind,” an interpretation of duck blinds used for camouflage by local hunters by 2020 Parrish Road Show artist Scott Bluedorn, who describes the piece as “a floating, off-grid micro-home that references traditional Bonac culture of fishing, farming, and hunting while also serving as a comment on the erosion of this culture due to the compound problems of housing crisis, climate change, and modernity.”

The “Field of Dreams” exhibit will be on display through August 31. Visit [www.parrishart.org](http://www.parrishart.org) for more info.

## Camp Hero State Park

Visiting Camp Hero State Park is an excursion that offers not only gorgeous ocean views and dramatic bluffs overlooking the Montauk Lighthouse, but also a rich and interesting history.

The site was originally commissioned by the U.S. Army in 1942, and used as a coastal defense station to prevent any potential invasion of New York from the sea during World War II.

In 1992, Preston Nichols and Peter Moon wrote “The Montauk Project: Experiments in Time,” a book popular with conspiracy theorists, that alleged secret time travel experiments were carried out at the site. The Netflix show “Stranger Things” is inspired by these supposed experiments.

Let’s just say we’re all in on this theory if it means we can travel back to 2019 and have a do-over.

Camp Hero as a State Park was opened to the public in 2002. The site offers picnic areas, a beach, and extensive trails for hiking and biking. It is also a popular fishing spot with common game fish like striped bass and bluefish. Since it’s a popular destination, check for closures as parking may be reduced due to COVID-19 restrictions.

## Quogue Wildlife Refuge

The Quogue Wildlife Refuge is non-profit nature preserve, located on 300 acres of land. Founded in 1934, the refuge is home to diverse wildlife.

You’ll find seven miles of trails to walk through forests and ponds, while exploring these diverse habitats. An outdoor complex at the refuge also houses permanently injured wildlife that require care. This includes owls, fox, falcons, and other native animals. The refuge is open every day. For more info, visit [www.quoguewildliferefuge.org](http://www.quoguewildliferefuge.org).

## Hallock State Park Preserve

Totalling 225 acres, Hallock State Park Preserve in Riverhead offers close to one mile of pristine Long Island Sound beachfront to explore.

Leading to the beach, you’ll find trails that are perfect for hiking, nature walks, and bird watching. A park map is available in the parking lot, so that you can plan your walk.

Be sure to hit each of the lookout points for beautifully scenic views of the preserves, the Long Island Sound looking out to Connecticut’s coastline, and Hallock Pond. The tallest point in the Preserve, the base of Jacob’s Hill, is about 140’ above sea level.

Wildlife ranges from ducks, geese, turtles, piping plover, prairie and yellow warblers, cedar waxwings, and rufous-sided towhees.



“Field of Dreams” installation view of Bernar Venet’s “Arcs in Disorder.” Photo courtesy the artist and Kasmin Gallery, New York/ Josue Cruz



Camp Hero. Photo by Jessica Mackin-Cipro

Look for seabirds like common loons or long-tailed ducks. You may even witness a harbor seal or dolphin, if you’re lucky.

Even the drive to the parking lot is scenic, passing rows of vines from the neighboring vineyard. You’ll find the entrance to the park right across Sound Avenue from RGNV. Why not end your day with a glass of wine?

## Quogue Wetlands Preserve

The Village of Quogue Wetlands Preserve is nestled away on the north side of the picturesque Dune Road. The wooden boardwalk leads to 360 degree views of beauty, perfect for observing wildlife on this 66-acre preserve. You’ll find bird and waterfowl watching, a great spot for nature photography, and a perfect place to just unwind. The location is also used for educational and research projects. There are no pets, fishing, or hunting allowed and visitors must stay on the boardwalk.

## Elizabeth A. Morton National Wildlife Refuge

The Elizabeth A. Morton National Wildlife Refuge, located on Noyack and Little Peconic Bays, is a 187-acre peninsula with much to explore. Walk trails down to sandy and rocky beaches

and view wooded bluffs overlooking the bays. The diverse habitat boasts fields, forest, salt marsh, ponds, beach, and a lagoon.

You’ll find wildlife like waterfowl, such as long-tailed duck, common goldeneye and white-winged scoter, all common during the winter months. Piping plover, terns, and other water birds are active during the warmer months. Some will eat seed right from your hand, given the opportunity.

The refuge is also home to white-tailed deer, painted turtles, green frogs, eastern chipmunk, songbirds, and osprey.

## LongHouse Reserve

LongHouse Reserve has remained open this winter for visitors by appointment. Guests are welcome to book a self-guided walk through the 16-acre reserve and sculpture garden.

When visiting, one can view the 60 creations in LongHouse’s gardens, along with those of visiting artists. Work by artists now on view include Buckminster Fuller, Yoko Ono, Willem de Kooning, Ai Weiwei, and Sui Jianguo.

LongHouse is open Monday through Saturday from 11 AM to 2:30 PM. Admission is \$15 for adults, \$10 for seniors, and complimentary for members and children. To book appointments, visit [www.longhouse.org](http://www.longhouse.org), email [info@longhouse.org](mailto:info@longhouse.org), or call the office at 631-329-3568.



# Winter 2021



The first issue of James Lane Post was published in November.

## Dear Reader,

First, we'd like to say a huge thank you to everyone who supported, picked up, and read our first issue of James Lane Post this past November.

We have received so much encouragement and many kind words — more than we could have ever imagined. Now here we are with issue number two.

As we continue to social distance through this winter, navigating through our new way of life, we still want to connect as much as possible. We can't wait until the day when we can hold events and see groups of people in person. Those days are coming. Until then, it's Zoom and the socially distanced outdoors.

Our goal with each issue is to tell interesting stories that relate to the East End as well as a few that travel beyond with a global reach — all while keeping our East End reader in mind.

We will continue to do all we can to give back to this community that we love so much — partnering and covering foundations and small businesses that we believe in.

The East End's local non-profits are the backbone of our community. They support so many, offering countless resources. We are thrilled to be a media partner of the Ellen Hermanson Foundation's Ticked Pink event in March. You can read about it on one of the following pages.

Also on the pages of this issue you will find stories of art, business, community, hope. We want there to be something for everyone to enjoy.

We've also launched the shop local section of our website, partnering with a few amazing local brands. We hope to continue to grow this local virtual marketplace, with so many artisans and makers on the East End.

We end this letter with a message of hope. It's a long winter, but better days are coming. Spring is coming. And for many, the vaccine is coming. Until then, we stay the course by wearing our masks and staying home.

Home means more than ever these days. The East End as our home is something we are immensely grateful for.

Sincerely,  
James Lane Post

# James Lane POST

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# James Lane Shop

SHOP LOCAL & GIVE BACK

[www.jameslanepost.com/shop](http://www.jameslanepost.com/shop)



### Food Is Love Candle

Hamptons Hand Poured has created a beautiful 8 oz citrus, verbena, arugula scented candle to support East End Cares & The Clamshell Foundation's Fund for Food. 100% of all profits go to our local, volunteer run food pantries.

\$43.00

### Daisy By Hampton Daze Necklace

17mm daisy flower charm with white enamel on a 17.5" 16k gold plated over brass chain with a lobster clasp.

50% of proceeds from the sale of this necklace will be donated to local East End food pantries.

\$35.00



### Rational Hemp: Full Spectrum Hemp Extract Cream

Full Spectrum Hemp Extract Cream in a Moisturizing Base with a Hint of Fragrant Bergamot. 2oz Jar with 300mg CBD

30% of the proceeds from the sale of Rational Hemp will be donated to the East End Cares/Clamshell Foundation Fund for Food supporting our local food pantries.

\$38.50

## RETAILERS, ARTISANS, RESTAURANTS — SELL ON JAMES LANE



We are all about community. Whether you give back or not, we believe in shopping local and can help you. We would like to invite local retailers, restaurants, and artisans to inquire about selling on James Lane. It's easy to get started. Reach out to us at [info@jameslanepost.com](mailto:info@jameslanepost.com) or visit [www.jameslanepost.com/shop-local](http://www.jameslanepost.com/shop-local).



Photo courtesy Swoon

# We Swoon Over Swoon

## A Talk With Co-Founders Jennifer Ross & Cristina Ros Blankfein

By Jessica Mackin-Cipro

Swoon's mission is to take sugar out of society. And that starts with a replacement for sugary drinks — like the lemonade you once enjoyed as a kid or the cocktails you now love as an adult.

"I'm Type 1 diabetic. I was diagnosed when I was six years old," said co-founder Jennifer Ross, who explained that she cannot have sugar in her diet. As a child she recalled, "being at birthday parties, I couldn't have the cake. I couldn't have the pink lemonade at school."

Ross said that she always knew she wanted to "give back and help the diabetic community." While not a doctor or researcher, creating Swoon was an alternative way for her to give back.

"Two-thirds of adult Americans are pre-diabetic," she said. "So much of that is because of diet and exercise. If we can have an impact on that — on the diet side of things — and prevent so many people from ultimately getting diabetes, that is something I always wanted to do."

The Swoon product family includes a simple syrup, cocktail mixers, and a lemonade. All are made sweet using monk fruit, a melon that's naturally sweet without the glycemic impact of sugar. It works well not only for those with diabetes, but also those on a Keto diet or just looking to cut out some sugar.

"It doesn't have that aftertaste bite or any kind of off notes that people have come to expect in sugar substitutes," said co-founder Cristina Ros Blankfein. "I know the work that it took to get

it right and to really perfect the sweetness profile," she noted.

For each case of lemonade sold, Swoon donates a can to the Food Bank For New York City.

"We're based in New York, so it made sense to do it in our own backyard," said Ross.

When Food Bank For New York City started doing meal kits to give out during the pandemic, Swoon started providing lemonade as a way to round out each meal.

"We just felt that it was such a great partnership, knowing that it was a need that they had," Ross continued.

On the East End you can find Swoon at each of Citarella's markets. "We've had great partnerships with Amber Waves Farm, which is a spot we both really love," said Blankfein. "Golden Pear, they've been a great partner to us. They carry the syrup as well at their coffee bar."

You can also find Swoon online, at [www.tasteswoon.com](http://www.tasteswoon.com). To watch our full interview, visit [www.jameslanepost.com](http://www.jameslanepost.com).

### Cocktail Recipe: Swoon's Ginger Lemonade

#### Ingredients

1 can Swoon Classic Lemonade  
2 oz Vodka  
1 Lemon, juiced  
1 oz Water  
1 tsp Shredded Ginger



Photo courtesy Calissa

## Calissa Offers A Winter Brunch

Calissa in Water Mill, a restaurant inspired by the Greek island of Mykonos, offers a winter brunch menu.

While dining, guests can enjoy three hours of unlimited bubbles with options of Prosecco (\$30) or Veuve Cliquot Champagne (\$45). Bubbles may be enjoyed by the glass or in a mimosa, Bellini, St. Germain spritz, or Aperol spritz.

Calissa is known for its mezze options, which include Santorinian hummus, avocado Tzatziki, and Kaferi. Also try appetizers like the crispy zucchini chips, Saganaki cheese with local hon-

ey, sesame, and fig jam, or an Avgolemono soup with chicken, lemon, orzo, and spinach.

Brunch entrees include items such as the lobster Benedict, thick-sliced French toast, an egg and sausage gyro, and Shakshuka with oven-poached eggs, tomato, peppers, onion, cumin, and paprika.

Calissa is open daily for outdoor (on its heated terrace) and indoor dining. Brunch is served every Sunday from 11:30 AM to 3 PM. Take-out and delivery is also available. Visit [www.calissahampton.com](http://www.calissahampton.com).



Photo courtesy Simple Vodka

## Cocktail Recipe: Beet Mule

### Ingredients

1.5 oz Beet Infused Simple Vodka  
.75 oz lime juice  
Ginger Beer  
Lemon wheel and Thyme sprig for garnish

### Directions

To create the beet infused vodka, slice medium size beet into pieces and place in a mason jar.

Fill with vodka until beets are fully submerged. Let sit in the refrigerator for 24 hours. Strain vodka into a pourable container. Toss beets out.

To create your cocktail, fill a tall glass with ice. Add vodka and lime juice, top with ginger beer, and garnish with candied ginger.

Recipe created by Simple Vodka's Senior Mixologist Ryan Elias

# Main Street Tavern

It's never too cold for a lobster roll

By Jessica Mackin-Cipro



Photo by Jessica Mackin-Cipro

If you're like me, dining out this winter means bundling up and experiencing the great outdoors and all of its elements. Although indoor dining is open at 50 percent capacity, many folks may feel more comfortable dining al fresco.

My husband Joe and I headed to Main Street Tavern in Amagansett. The restaurant opened last July in the space that was previously Indian Wells Tavern.

Opening during the COVID-19 pandemic, the restaurant tailored its look, layout, and design to fit to our new reality. The space boasts a 54-seat open-air garden, lined with plants and shrubbery for privacy, filled with picnic tables and heat lamps.

At 40 degrees, even 30 degrees, I feel perfectly comfortable eating outdoors. And I actually hope that if we ever get back to our old way of life, outdoor dining stays on the table year-round. On this particular day, it was a chilly 22 degrees. But with the sun, heat lamps, and proper winter attire, it was still completely enjoyable.

This brings me to my main point: It's never too cold for a lobster roll. Even on a cold winter's day, a lobster roll can bring you right back to summer, back to the beach, back to better times. And the lobster roll at Main Street Tavern did just that.

To start, we split a soup (carrot & ginger) and the farro salad, made with Balsam farms veggies

and parmigiano.

For beverages, Joe went with the El Diablo made with tequila, cassis, and lemon. I opted for a glass of Lumami Pinot Noir.

I may not always drink red wine with a warm vegetarian soup, but when I do it's because it's 22 degrees out and aptly warming my cold bones.

For mains, Joe had the lobster roll, served with cottage fries. I went with an optimal tavern order of fish & chips, served with white cottage fries and mushy peas.

All dishes were carefully crafted using high-quality, locally sourced seafood and vegetables. Hats off to Executive Chef Anand Sastry and Chef de Cuisine Yusuf Lovett. The menu at

Main Street Tavern offers a balance of seasonal and savory dishes, tavern fare for the modern day.

Chef Sastry has worked in kitchens around the world, with the last six years spent at sister restaurant Highway Restaurant & Bar.

"Main Street Tavern is, first and foremost, a neighborhood spot," said general manager Kit Still. "We're modeled in the tradition of a beloved local establishment — with fresh, delicious food and warm, reliable service. As health is of the utmost importance, we've followed all the guidelines set by experts to create the safest environment for our team and guests."

Main Street Tavern delivers on every level, making the spot a new neighborhood favorite.

## Wölffer's Botanical Cocktail



Photo courtesy Wölffer Estate Vineyard

Wölffer Estate Vineyard in Sagaponack recently launched its latest product, No. 139 Botanical Cider, created in partnership with Mab & Stoke.

To create this cider, the vineyard's classic recipe was infused with herbal extracts curated and blended by Mab & Stoke — an ecologically responsible herbal wellness company based in East Hampton.

The herbaceous and fruitful libation is created with herbs including ginger, lemon balm, elderberry, pomegranate, dandelion root, and turmeric, creating an earthy rose and orange color tone.

Here, Wölffer shares a cocktail using its new Botanical Cider, as well as its Pink Gin.

### Ingredients

4 oz No. 139 Wölffer Botanical Cider  
2 oz Wölffer Pink Gin  
½ oz simple syrup  
½ oz lemon juice  
2 slices of cucumber  
1 basil leaf  
4 mint leaves  
8 pomegranate seeds  
1 slice of starfruit

### Directions

Muddle cucumber, mint, and basil in a shaker. Add simple syrup, lemon juice, and Pink Gin into the shaker. Add 1 large scoop of ice.

Shake and double strain into a stemmed wine glass. Fill with ice to the brim. Top with botanical cider. Stir with a bar spoon.

Top with starfruit and pomegranate as a garnish.

\*Make sure that no mint, basil or cucumber make it into the wine glass and enjoy!

## Winter Dining At 1770 House

The 1770 House in East Hampton is now serving winter menus by Chef Michael Rozzi. Each night, both the dining room and Tavern offer a \$55 two-course prix fixe menu.

Among the starters are Chef Rozzi's signature spicy Montauk fluke tartare, salads such as celery root with Bayley Hazen blue cheese, and soup like an acorn squash and buttermilk bisque.

Second course selections feature fettuccini rigate with veal sugo, roasted Amish chicken, mushroom risotto, North Atlantic halibut, roasted Scottish salmon, Berkshire pork tenderloin, and braised beef short rib.

Tavern dining also offers house favorites with an a la carte menu including The Tavern Burger, 1770 House meatloaf, and chick pea and sweet potato curry.

The takeout menu — for pick-up from the parlor or curbside delivery — features dining room and Tavern menu dishes plus cocktails to go by Wine Director Michael Cohen. Try the hibiscus flower margarita, ginger-pomegranate cooler, or winter pear martini.

Visit [www.1770house.com](http://www.1770house.com).



Photo by Doug Young

# North Fork's Disset Chocolate Presents Bonbon Collection



**D**isset Chocolate — a newly founded chocolate company based on the North Fork, created by Michelin trained pastry chef and chocolatier Ursula XVII — has debuted its first two collections, just in time for Valentine's Day.

A New York native with roots in Catalonia, Ursula trained with world renowned pastry chefs Albert Adria, Oriol Balaguer, and Jodi Ferrer. She has worked at several Michelin starred restaurants in Europe and the U.S., including New York's Ai Fiori. Disset means "Seventeen" in Catalan, and XVII is her second (middle) name.

The artisanal small batch chocolates are hand crafted using natural ingredients and the finest Valhrona chocolate. The Signature Collection is available in four, nine, or 17-piece assortments — bonbons include banana walnut bread, lemon meringue,

raspberry black sesame, mint, hazelnut, coconut almond, and apple cider cookie.

"I'm proud and excited to share my passion for chocolate with these new collections," said Ursula. "They represent everything I'm passionate about and are inspired by my travels, food memories, and favorite ingredients. My personal favorite, the banana walnut bread, is hands-down the best bonbon I've made so far."

Just in time for Valentine's Day, Disset presents an elegant, 12-piece bonbon assortment, featuring salted caramel, raspberry rose, coconut, strawberry black pepper, white chocolate and edible flower mendicant, and a sparkling rose pate de fruit enrobed in dark chocolate with golden pop rocks.

"Just like a wine tasting, there's an art to tasting and appreciating good chocolate," she said of how to enjoy her chocolates. "It's an experience



that should be savored slowly. I suggest taking a bite and allowing the chocolate to sit on your tongue and melt for a few minutes, which opens up the flavors into your taste buds."

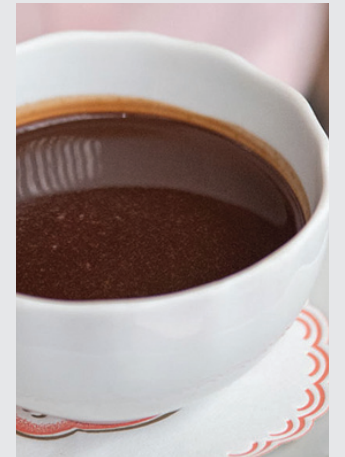
Chocolate lovers can look forward to changing seasonal collections. Disset will introduce a new line of chocolates twice a year, with prior

season's flavors retired to make room for new creations.

Disset Chocolate is currently operating as an online retail shop, but Ursula is exploring plans to open a storefront in the future. The company also plans on hosting various pop-ups at wineries and other locations on the North Fork and beyond.

## *Sant Ambroeus' Cioccolata Calda*

Known for its famed home-made breads and pastries, creamy gelatos, sandwiches, and perfectly crafted coffee drinks, Sant Ambroeus has been a neighborhood favorite for decades. The café's Coffee Bar Cookbook offers seventy-five recipes, including this one.



"For our cioccolata calda, pure dark chocolate is combined with hot water at a luxurious ratio of one to one. We serve a side of hot milk with our cioccolata calda for those who prefer a sweeter taste."

### Ingredients (1 serving)

- 1/2 cup (about 4 ounces) chopped unsweetened 58% Belgian chocolate
- 1/3 cup hot water

### Directions

Place the chocolate in a small saucepan. Pour the hot water over the chocolate. Stir so that the chocolate melts partially. Place over low heat and cook, stirring, until the chocolate has melted completely and the mixture is just beginning to bubble. Remove from the heat and allow the mixture to cool slightly, 10 to 15 minutes, then return to low heat and reheat, stirring, until hot.



## Hamburger Heaven

Burgers In The Hamptons — A Culinary Art Form

By Kurt Wenzel

**W**ith what does the Hamptons' culinary world excel?

The hamburger. Crazy but true.

Not that it's anything to sneer at. The hamburger has become a big deal. In fact, both chefs and food writers can get pretty mushy talking about the hamburger, referring to it as "a part of our national identity," and the "quintessential American meal." There is a show on the Travel channel solely dedicated to it — "Burger Land" stands at 13 episodes and counting. Blogs and YouTube videos argue the proper cooking methods — grill vs. griddle — and the proper meat blends — chuck, brisket, short ribs, waygu, etc.

It is indeed a culinary art form. It's just strange that it's ours.

But I would contend that it is. Armed with an N95 and a fistful of Lipitor, I recently sampled the burgers of more than ten Hamptons restaurants. I can state unequivocally that Long Island is a kind of hamburger heaven.

Below are a few of my favorites.

### Topping Rose, Bridgehampton

Moving through the COVID imaging system at the entrance, you may feel like you're in one of Arnold Schwarzenegger's 1990 sci-fi films. Once inside you can order what is the priciest — but also best — burger in the Hamptons. Or just about anywhere. Made with grass-fed short-rib meat, the Topping Rose burger is a three-napkin affair — watch out for the juices running down your hand. The side of onion jus, which can turn

this burger into a kind of French dip, seems almost superfluous. Topped with Gruyere cheese and served with French fries. \$26

### Argento, Southampton

Made with 28-day dry-aged primer steak, the meat has a deeply rich, almost buttery flavor. It's served on homemade brioche bun with provolone cheese, arugula, and a tangy harissa remoulade. Available only during the day, this burger is best enjoyed under a heat lamp and a glass of red wine at what is one of the Hamptons' loveliest sidewalk dining experiences. \$23

### Cittanuova, East Hampton

Using "1946-blend" dry-aged steak made specially for the restaurant, Citta's burger is a word-of-mouth favorite around East Hampton. It's served on a house-baked onion poppy-seed bun, with french fries and a house-made garlic dill pickle. It's your choice of cheese and condiments, but go easy. With meat this good you'll hardly need it. \$19

### Honorable Mentions:

Rowdy Hall, East Hampton  
The Palm, East Hampton  
LT Burger, Sag Harbor  
1770 House, East Hampton

\*For those that don't eat meat, the Impossible Burger at Rowdy Hall is a remarkably satisfying facsimile of the real thing. Completely vegetarian, it's served with lettuce, tomato, onion, and choice of cheese. \$19

# Halcyon Daze

Solo exhibit by Adam Umbach



Roman Fine Art in Sag Harbor presents “Halcyon Daze,” a solo exhibit by Brooklyn based painter Adam Umbach. The show, which marks the artist’s first solo exhibit with the gallery, includes paintings in a series called “Playtime.”

The artist’s work depicts recognizable objects, which include structures and toys like rubber ducks, stuffed bunnies, and pink flamingo lawn ornaments.

The collection of works “explores a collective nostalgia for childhood memories by juxtaposing detailed photorealistic representations of everyday objects with expressionistic mark makings,” read a statement from the gallery.

Umbach uses his non-dominant hand to create thickly rendered lines and forms and constructs a sense of movement and physicality on the canvas.

“The formal tension mirrors the balance between his playful, often humorous choice of subjects with the weight of the memories they symbolize — a sense of loneliness pervading a singular teddy bear, toy truck, or boat combined with the comfort and hope that it brings,” stated the gallery. His paintings invite viewers to imagine and evoke their own memories.

The artist began his painting career with minimalist canvases based on the names of color swatches. His creative approach experiments with abstraction, geocentric painting, and expressionism.

“The evolution of Umbach’s painting is markedly influenced by his surroundings, from the maritime imagery and seaside colors of East Hampton and Maine, to the graphic style of New York’s architecture and graffiti,” the gallery noted.

The show will run through February 28 at 11 Bridge Street. It can also be viewed online at [www.artsy.net/roman-fine-art](http://www.artsy.net/roman-fine-art).



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Photo courtesy LongHouse Reserve

## A Love Song To Jack

LongHouse Reserve in East Hampton will host its winter benefit, A Love Song to Jack, on Valentine’s Day. The virtual event is held as an elegant ode to LongHouse’s beloved founder Jack Lenor Larsen, who recently passed away at 93. The evening kicks off with a heartfelt rendition of “It Had To Be You” from JoyJanJones, followed by love songs performed by Laurie Anderson, Royal Khaoz, Nico Muhly, G.E. Smith and Taylor Barton-Smith, and Rufus Wainwright.

“A Love Song to Jack will be the most exciting 45 minutes one has ever or will ever spend on Zoom,” said Dianne Benson, the president of LongHouse’s board of trustees. “Being Jack Larsen’s favorite holiday, on Valentine’s Day we are paying tribute to him in words and songs,” she said. The event will include an exclusive tour of Larsen’s residence at LongHouse led by this year’s Art Leadership Award recipient Paul Goldberger. It will also include a look inside this year’s LongHouse Award recipient, Shirin Neshat’s Brooklyn-based art studio. Past LongHouse Art Leadership Award recipients include Donna Karan, Dorothy Lichtenstein, Lisa de Kooning, Agnes Gund, H. Peter Stern, and Julian Schnabel. For-

mer LongHouse Award recipients include Yoko Ono, Bill T. Jones, Christo and Jean-Claude, Ai Weiwei, Cindy Sherman, and Edward Albee. Conversations will be had with the benefit’s Loving Couple Honorary Chairs: Bill T. Jones and Bjorn Amelan, Eric Fischl and April Gornik, and Rufus Wainwright and Jörn Weisbrodt. “Songs of love will be shared from a fantastic range of musicians and voices,” said Benson. Tickets for the benefit come with Love Boxes, crafted by the LongHouse team, some of which include candy, cocktails, chocolates, and champagne, as well as a Yoko Ono keepsake and links to Neshat’s films. Boxes start at \$50 and the event starts at 6 PM. Visit [www.longhouse.org](http://www.longhouse.org).

## Tickled Pink

The Ellen Hermanson Foundation has no doubt changed the medical landscape of the East End over the past 25 years. The foundation has had a deep commitment to the community, giving back by funding state-of-the-art medical equipment and providing breast cancer screenings at The Ellen Hermanson Breast Center at Stony Brook Southampton Hospital, as well as its locations in Hampton Bays and East Hampton.

It’s on the East End where breast cancer diagnosis and mortality rates are some of the highest in the state.

The foundation also offers Ellen’s Well, a free psycho-social services program, providing individual and group support, as well as other healing opportunities for breast cancer survivors.

The foundation was created in the memory of Ellen Hermanson, a woman who lost her battle against breast cancer at the age of 42. As an activist and advocate, Ellen fought against breast cancer. The Ellen Hermanson Foundation is a continuation of her work and legacy.

And since its inception, no one is ever turned away for lack of insurance or inability to pay.

This winter the foundation is hosting the Tickled Pink Virtual Variety Show honoring community heroes and saluting women of East End media. Donations will fund programs at The Center, OLA of Eastern Long Island, The Retreat, and the Shinnecock Health Clinic.

The virtual event happens Saturday, March 6, and features comedy, magic, and so much more. Emcee for the evening is stand-up comedian Michele Balan, a talent who has been featured on NBC’s “Last Comic Standing.”

The variety show will spotlight award-winning Cabaret artist Valerie diLorenzo, comedian and emerging poet Mimi Gonzalez, stand-up comedian Marion Grodin, solo performing artist Susan Jeremy, comedian, singer, and producer Angela LaGreca, comedian Wendy Liebman, and Madeleine The Magician.

Community leaders who will be honored include volunteer leader Sara Blue of the The Ellen Hermanson Foundation and Maureen’s Haven. Artist activist April Gornik will be honored for her work at Sag Harbor Cinema and The Church. As a community champion, Evelyn Ramunno, will be honored for all she does for the Sag Harbor Community Food Pantry. Marguerite A. Smith, Esq. an advocate and educator, will be honored for her work at the Shinnecock Indian Nation. Healer and survivor Moira Squires, an ICU Nurse and Founder of Warriors of the East End, will be honored.

Women of the East End Media being honored include Nicole Barylski of Hamptons.com, Carissa Katz of The East Hampton Star, Bridget LeRoy of WLIW 88.3 FM, Jessica Mackin-Cipro of James Lane Post, Kathryn G. Menu of The Express News Group, Helen S. Rattray of The East Hampton Star, Victoria Schneps-Yunis of Schneps Media, and Taylor K. Vecsey of Dan’s Papers.

Advanced registration is required for this virtual event. The event is free to register, but there is a suggested donation of \$25. You can also join the host committee by making a donation of \$50 or more toward the event. For more information and to register, visit [www.ellenhermanson.org](http://www.ellenhermanson.org).



Photos by Mike Rego

# Polestar's Arrival in the Hamptons

The MJS Groupe presented a showcase with Polestar Manhattan at The Baker house 1650 in East Hampton on Saturday and Sunday, December 12 and 13.

Polestar — an emerging electric vehicle and hybrid manufacturer, redefining both design and performance standards — displayed two models: The Polestar 1 and The Polestar 2.

The event marked Polestar's first arrival in the Hamptons during a series of drive events with its East Coast partner, Manhattan Motor Cars.

Polestar Manhattan and team were on-site. The limited group of attendees were given the opportunity to get behind the wheel of Polestar 2 and were introduced to the brand's edgy style, sustainability, and performance.

Manhattan Motor Cars, which is one of three of the first retail partners for Polestar in the US, brought four vehicles as part of the weekend event. Gregor Hembrough, the head of Polestar USA both greeted guests and provided vehicle knowledge alongside marketing manager Christopher Schultz.

Robert Marchhart, the director of marketing for the Manhattan Motor Cars family and his team, safely executed the driving experience.

The two-day activation featured a catered luncheon in partnership with Berkshire Hathaway HomeServices Laffey International Realty with homemade baked seasonal favorites, post-drive bubbles by Champagne A L'EST, and Drive Coffee, which is inspired by the world of motorsports racing.



Photos by Richard Lewin

# Guild Hall's Student Art Festival 2021

The opening of Guild Hall's "Student Art Festival 2021: Past-Present-Future" took place on January 16 in East Hampton. Proud students from East End schools exhibited their visions of "our shared past and an imagined future."

Entering its 29th year, the Student Art Festival has continued

to evolve with the moment. This year the festival introduced the addition of a Remote-School Artist-in-Residence program. Over the past few months, Guild Hall paired several artists to local public schools to develop projects to be exhibited at the festival.

The program connected seven artists — Scott Bluedorn, Me-

gan Chaskey, Jeremy Dennis, Ellen Frank, Cindy Pease Roe, and Almond Zigmund — with over 150 local students, Kindergarten to Grade 12.

The exhibition was curated by Guild Hall's Casey Dalene and Anthony Madonna. The Exhibition will run through February 21.



# Kiss & Tell

By Heather Buchanan

## The Do's and Don'ts of Love Spells

There's nothing like your handsome date stumbling over a tattered book opened to a virility spell involving satyrion root and a rooster's private parts worn around the neck. "Oh, that one's not for you, don't worry," you assure him as you gently close the tome and lead him over to the fireplace aware of the heart shaped rose quartz hidden in your pocket.

Love spells date back to the beginning of time as the human heart has continuously longed for the passionate throws of romance. Over the centuries when everything from trying to meet someone at the local goats' watering hole to swiping right on your phone has failed, men and women have decided it is time to turn to magic.

Thousands of years of spells have been recorded from the simple to the complicated to the downright bizarre. You can serve hot chocolate to the one you desire like the Aztecs or steep in a bath of rose petals, marjoram, and myrtle like the Romans or plant a tulip bulb and water it with tears like the Victorians. And sex with acacia honey sounds so much better than consuming a potion made of chicken's heart.

Some love spells are extremely tedious and complicated such as finding an egg laid on a Thursday by a jet black hen which has never before laid an egg, bury it for three days and then sell it

(and that is the easy part of the spell.) Another involves carrying a whole nutmeg in your armpit for 48 hours, grinding it up and adding it to your desired beloved's red wine or sewing their name into a cloth with a needle stuck in a dead body then threaded with a lock of their hair. And the no underpants in the cemetery one — I won't even go there. Pay attention to the fine print. Carrying a snake in a red pouch seemed downright dangerous until I realized it was snake root.

Some of the rituals make intuitive metaphorical sense like getting over a break up by rubbing a whole raw egg over your body (in the shell) then breaking it into the toilet and flushing it away. Or washing your bedroom floor with a peppermint infused wash or planting a window box with lavender, pansies, basil and bay, all love attracting botanicals.

The one biggest mistake is trying to use a love spell to bind a certain person to you. Everyone has free will and their own energy, and as much as you may think you want them, it may not be your greatest happiness which will result. Or maybe you are desperate to get someone back who ultimately made you feel crappy. People don't usually change. The trick is to get very centered in exactly where you are at in your life and what you specifically want and put out the love spell to bring you the

best person for that goal. You may be surprised.

Do get very centered when you are doing any love spell. Stay focused and don't get distracted. You can create sacred space simply by sprinkling salt water around for protection and lighting a white candle and meditating on your heart's desire. Tune out the outside world. Don't pick up the phone. It's hard enough to get rid of spam callers without them getting caught up in an attraction ritual.

Love spells trade in the currency of metaphor. Correspondences are very powerful so symbols such as a red candle or rose quartz or certain flowers, essential oils or images can be incorporated into a ritual. What object has a meaning of love for you? It doesn't necessarily have to be harvested under a full moon or used in a ritual performed on a Friday ruled by Venus the goddess of love (although both are helpful.)

Finally, here is the most important rule of love spells. You have to believe you deserve love to truly receive it. Think about spending as much energy on your own healing as you do looking for that black virgin hen or rare aphrodisiac satyrion root or figuring how to keep that nutmeg from slipping out of your armpit. This year be your own best valentine. Create a love spell to win over your own heart. So mote it be.

To reach out to Heather, email [kissandtellbb@gmail.com](mailto:kissandtellbb@gmail.com).



# The Vedic Perspective

By Amy Kalaczynski

## The Year of Gifting "Presence"

Every Spiritual teacher from Mother Teresa to Thich Nhat Hanh, and Eckardt Tolle to Michael Singer will tell you the secret to happiness is to be present. That joy is found in the here and now, but how exactly do we stay present when we are thinking about being present?

Physically our bodies always are present in both the here and the now, but in our minds we dwell in the past or speculate what is going to happen in the future. So when we wish to be present, we are speaking about our mind and having our mind in the same time/space as our body.

Suffering occurs when we dwell in the past or speculate what is going to happen in the future. To stay out of the past and out of speculation, we need to come to our senses, literally. Ask yourself, what am I seeing right now? What am I smelling right now? What am I tasting right now? What am I feeling right now? What am I hearing right now?

Coming to our senses is an easy and quick way to get out of

thinking. It is a practice we can all do and it takes less than a minute. I like to practice when I am washing the dishes, going for a walk, or cooking a meal. Over time "coming to your senses" becomes automatic and you will no longer have to ask yourself those questions to get to that place. We become present to the information of our senses as often as necessary. In time, this becomes a new habit and new way of life.

When we give ourselves permission to be fully present, just for a minute, by paying attention to our senses, we get back into the flow of life. We are sending a message to nature, to God, or to the whole of the universe that we are interested in more than just our small self. When we begin to flow with life we are no longer controlled by our worries or fears and are able to enjoy the ride a little more into 2021.

Amy teaches Vedic Meditation and founded the Montauk Meditation Club. She studied in India with Thom Knoles and trained under Jeff Kober the past few years. She's also a certified yoga instructor.



# One Mother's Story

## Pregnancy during COVID-times

By Jessica Mackin-Cipro

The day the country was told to shelter in place due to COVID-19 was "the day I took a pregnancy test and found out I was pregnant," said Kate McEntee, a Southampton resident and the director of adoptions at the Southampton Animal Shelter Foundation.

While joyous, experiencing pregnancy during COVID-times was not without its challenges. Her husband, James, "couldn't come to visits with my doctors," she said. He had to be on speakerphone to listen to the baby's heartbeat for the first time and he didn't meet Kate's midwife until the day the baby was born.

"You miss a lot of the support you get from family members," she said of her delivery. At the time she was allowed one visitor, her husband.

Kate wasn't able to have her mother in the delivery room. "It was sad. My mom is really involved in my life," she said. But they were able to celebrate when she got home, after a COVID test, of course.

Baby James was brought into the world at Stony Brook Southampton Hospital on November 24.

It was Stony Brook Southampton, she said, that made it an incredible experience, despite all that was happening in the world during a pandemic.

"At the end of the day it was such an amazing experience and a huge credit is the experience I had at Southampton Hospital. It was a fabulous team," she said. "With all of this

going on, the nurses were so smart, they made it fun, they were on top of things. It was just incredible."

Kate noted that a lot of people may not realize that the hospital has a midwife program. She was shy about the idea at first, being a first-time mom, but soon warmed up to the idea. A midwife is a health professional who helps healthy women through labor, delivery, and after the baby's birth.

A week before Kate was due, after what she considered to be an easy pregnancy, her blood pressure spiked. She found out she had Preeclampsia — a condition that can be dangerous. She needed to be induced and deliver the baby a week early.

"When James came out the cord actually wrapped around his neck," she recalled. A midwife named Stacy, she says, went in and grabbed the cord and unwrapped it from his neck.

"It's not what see in the movies," said Kate. "His blood pressure dropped a little bit before, and his heart rate, it was sort of scary."

But she remained calm, and credits Stacy for the help. "At the hospital they made me feel like 'everything is under control, it's all good, we got this.' I wasn't flipping out. They kept me calm."

After the delivery, Kate "woke up with this incredible headache." A "migraine on steroids," she described. "I could hardly care for my baby, I was in so much pain."

Spinal headaches can be common after a mother has had an epidural, she explained. "It felt like my brain was going to explode out of my head."



The anesthesiologist quickly did a blood patch, where they took blood from her hand and injected it back into her spinal cord.

"One second I had the headache and the second he was done injecting the blood back into my spinal cord my headache was gone. It was instantaneous," she said. "I was in pain, they had an answer."

Before they could leave the hospital, baby James needed to be treated for infant jaundice. Jaundice is the yellow discoloration of a baby's skin and eyes — a common condition for newborns. It occurs when the blood contains too much bilirubin, a yellow pigment of red blood cells. The team at Southampton put him under lights to bring down his bilirubin levels. He also had to wear special glasses so the light wouldn't hurt his eyes.

Although common, "you don't want to see your baby in this incubator," said Kate. But the nurses were there to help make the experience better. "They brought it in the room for us," she said.

Kate ended up staying at the hospital for about a week, and had nothing but good words about the overall experience.

"We're this little community and we have this great hospital right here," she said, applauding the level of care she received. "Being a local girl and being able to go to my local hospital — it was pretty cool. I felt like I was in really good hands."

By the time they left to take baby James home, the family knew everyone on the floor. "It was a cute little family for a week," she said.

The Ellen Hermanson  
FOUNDATION  
PRESENTS



Laugh it off with us at our virtual winter benefit as we celebrate our community!

# Tickled pink

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## FREE Virtual Variety Show

Saturday, March 6, 2021 • 6 PM

Register for a complimentary admission, become a sponsor, or make a donation at [ellenhermanson.org](http://ellenhermanson.org)

Proceeds benefit breast health screening programs at The Center · OLA of Eastern Long Island · The Retreat and The Pink Shawl Project, providing screenings and education at the Shinnecock Health Clinic

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Healer & Survivor

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ICU Nurse and Founder, Warriors of the East End

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Hamptons.com

Kathryn G. Menu  
The Express News Group

Carissa Katz  
The East Hampton Star

Helen S. Rattray  
The East Hampton Star

Bridget LeRoy  
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The Ellen Hermanson Foundation ensures access to state of the art breast health care and empowers people affected by cancer. Funds raised provide for advanced medical equipment and breast cancer screenings at the Ellen Hermanson Breast Center at Stony Brook Southampton Hospital and locations in Hampton Bays and East Hampton. Ellen's Well, a free support and wellness program, provides individual therapy and support groups, transportation assistance and other healing opportunities. No patient is turned away from the Ellen Hermanson Breast Center for lack of insurance or inability to pay for treatment.

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— Real Estate & Design —

Winter 2021

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Hidden Gem

p. B-3

# Navigating The Hamptons Real Estate Market Through COVID-19

## We talk with five rockstar professionals on the East End

By Ty Wenzel



**T**he COVID-19 vaccine is being administered across 50 states as the virus death toll in the United States blazes towards 500,000. Over the past 10+ months the East End has been a safe haven for many who came from New York City to quarantine in their second-homes. There is a sense that 2021 will continue to be filled with temporary denizens as well as new permanent transplants. For real estate, it has been a boon to the region that ultimately saw the end of a somewhat stagnant market.

Rentals were booked sight unseen for extended leases, and those who had been sitting on the fence on a sale bit the bullet and made offers. 2020 has seen the Hamptons become an epicenter of real estate sales, and we were curious how top agents and brokers have navigated the market? For many, who have been serving their clients non-stop since March, the new normal has put into effect new modes of operation, much of it distanced or entirely remote.

"This last year, to say the least, has been a very challenging one for all!" said Susan Breitenbach. The Corcoran broker has been on the The Wall Street Journal Real Trends Top Sales Professionals list too many times to count.

"I am so glad that I have stayed healthy and have been able to be there for all of my clients and customers helping them during this crazy year! As you can imagine working 24/7 since March when all were trying to evacuate New York City to find rentals — and then so many of them deciding to purchase as well. I really do not see much of a slowdown even now," she continued. "Usually after Thanksgiving it is very quiet until after New Year's when in the past people were coming back from holiday vacations! Not at all this year! The Hamptons, which has always been a popular place to spend summers and even fall and spring, has really become a year-round destination and community for so many. I really believe people have changed the way they live and look at the Hamptons in general and realize how nice it is out here year-round."

Jackie Lowey, a Saunders real estate salesperson who has been on a tear of closing homes, echoed the

sentiment, and explained a shift in the populace mindset. "My business was strong before COVID-19 and it has exploded this year, with a more than 100 percent increase year-over-year. In March, people were rushing to find rentals to flee the city and COVID-19 and so many of us were very busy finding rentals. During the summer many of those renters became buyers. At first there was plenty of inventory to meet demand and interest rates were low, which is the perfect combination to fuel a market explosion."

"Over the course of the summer most of the existing housing inventory was sold, particularly in the lower price levels," she continued. "New homes coming on the market have been significantly outpaced by homes being sold — which has led to a historically strong sellers' market. While COVID-19 has certainly had a profound effect on the market, I think there is actually a deeper and more lasting phenomenon at work. We've gone from a 'panic' market to a 'lifestyle' market. People have discovered that they can telework successfully from the Hamptons. Additionally, more and more businesses are switching to a telework model — that's a game changer."

"Since March, the market has gotten even more engaged on the East End," explained Douglas Elliman superstar, Enzo Morabito. "For example, in November, the number of pending residential sales increased 84-percent from the same period last year. That's pretty radical. My team is still busier than ever, and we are fielding calls every day from people who are buying and selling. They know who we are and they know that we get the job done right. Nobody can touch the exposure or level of service that we bring . . . The end of this pandemic is still a long way off. Now, especially as the weather has turned colder, we're seeing that people are still taking this very seriously and they are banking on having a place to shelter and spread out. To be continued."

"For years I have touted the 'safe haven' aspect of The Hamptons," said Tim Davis, a Superstar broker at Corcoran. "Those 'buzz words' have become the reality for how we have survived living on the East End of Long Island. New York City shutting down due to a pandemic caused

so many to pause and pivot their life plans acting quickly to secure the ideal rental or sale for their immediate lifestyle needs."

Davis credits his career of forty years to the trust and success he's been able to secure for his high-net-worth clients. Especially during this intensely busy period, the trust factor positioned him as one of the "go to" market experts for providing valuable insight and advice to a multitude of new customers and clients.

"There has never been a more critical time in the Hamptons Real Estate market for the need of expert counsel from the top real estate professional," he continued. "I feel fortunate to have been able to provide this service to so many during this challenging time in our lives."

Cee Scott Brown, a licensed real estate broker for Compass, saw how homes had to adapt to the new normal of telecommuting and kids studying from home.

"The Novel Coronavirus has changed the way all things operate. Sadly, there are many segments of our lives that will forever be different: the arts, restaurants, theater, non-profit sectors in all fields, and on and on. Real estate in areas like the Hamptons, or northern California's wine country have experienced a huge uptick in activity," he said. "Due to the virus, people immediately sought less density in living situations, fewer people, more indoor and outdoor space. Many people came east thinking to rent for a few months to ride out the pandemic. But as it became clear that this was not a few-months-and-things-will-return-to-normal situation, renters quickly became buyers and those who already owned homes in the area soon realized that their three-bedroom house had morphed into a two-bedroom house with a home office, with the dining room functioning as a second workspace, and they needed more space."

"As is typical in a secondary home market, usually there is no urgency for buyers to make quick decisions. COVID-19 changed that," he continued. "Buyers who had been casually looking at real estate prior to the outbreak were calling up in March/April asking if a house they saw in December was still available, and if so, they'd make an offer."

His team, the CeeJackTeam, moved to Compass in November

**"I really believe people have changed the way they live and look at the Hamptons in general and realize how nice it is out here year-round."**

*Susan Breitenbach*

2019. He credits the company's high-tech tools and support that cemented their decision to join the agency. In that time, their volume of sales and rentals in 2020 has more than doubled from the year prior.

"3D tours like Matterport proved to be fantastic tools — houses were being purchased only being viewed on a computer screen," he explained. "On average, homes in the Hamptons can often be on the market for 10 to 12 months. 2020 changed that. We saw houses being listed one day with multiple over-ask offers. Buyers knew that the pandemic was creating a recalibration of pricing, but realized if they wanted to get out of the urban areas they needed to move swiftly and not hesitate to offer full price or more. It was, and still remains in large part, a crazy, fast-paced, no-days-off market. This is all to say that our move to Compass certainly augmented our business, but the pandemic's effect on how real estate is done was a major component. Let's hope for a speedy distribution of effective vaccines and a return to some form of normalcy."

Breitenbach echoed the lifestyle and housing changes that were demanded in the homes themselves. "People have made home offices and gyms, compounds are extremely popular and integrated interior/outdoor living with heaters and firepits," she explained. "I am very grateful and feel blessed to have stayed healthy, so far, and being able to use my expertise to assist in helping my customers and clients find the right properties and whatever else they should need for their families in the Hamptons in their time of need!"

Reminiscent of the great exodus to the Hamptons post-9/11, many are learning that the region is more than just beautiful for summer barbecues and clambakes. Lowey explained,

"Buyers have always appreciated the remarkable beauty and quality of life in the Hamptons, and now more have discovered they can enjoy it year-round while continuing to work. I think for all of these reasons, we will continue to see a strong Hamptons market. The key to being successful in this market is being decisive and working with an experienced agent who knows the inventory. I am grateful for the many buyers and sellers who have trusted me to help them find new homes during this unique and challenging time in history."

Currently there is a testing of the waters to see if New Yorkers will go back home when this is all over.

"I know New York City will always be New York City, and people have trickled back and forth and also to Florida and other suburbs, but I think almost all still want to continue to have a place in the Hamptons," said Breitenbach. "I don't see that changing! I have been one of the top brokers out here for almost 30 years, the only Hamptons broker ranked by the Wall Street Journal in top 5 in United States multiple times — but have never seen the real estate market like this or even close!"

The Hamptons experienced a resurrection of its real estate economy. And though the shift was born of tragedies, many are optimistic, as the vaccines are distributed across the nation. The continued booming real estate market would mean work for builders, plumbers, landscapers, interior designers, and the rest of the trade. It would mean business for restaurants, retail, and galleries — leading to an increase in future tourism. It also means we will need to integrate a new population into the fold, with a larger number of children enrolled in the schools and heavier traffic in the colder months. Many have fallen in love with the region, and will become part of the community — volunteering and donating to the East End's causes. We're all in this together, we have so much to be optimistic and grateful for.

*Photos L-R: Susan Breitenbach/Courtesy The Corcoran Group, Jackie Lowey/Courtesy Saunders & Associates, Enzo Morabito/Courtesy Douglas Elliman, Tim Davis/Courtesy The Corcoran Group, Cee Scott Brown of Compass Real Estate/Courtesy www.ceejack-team.com*

# Southampton's Hidden Gem

## Creating a new Hamptons vibe

By Ty Wenzel

**H**idden Gem is just that — a diamond in the heart of Southampton Village.

Local sisters and designers, Tanya Willock and Temidra Willock-Morsch were born and raised on the East End. They opened Hidden Gem in 2019 on Jobs Lane, showcasing truly beautiful curated home design and gifts. The culturally diverse shop features their own originally designed products as well as local artisans and items handcrafted from around the world — ceramics, textiles, interior decor, and much more.

With a style both bold and bright, it's easy to support the duo's incredible aesthetic that blends the Hamptons with their Antiguan heritage, creating a tropical vibe.

We caught up with the talented team to learn more about their lives and mission. We discuss everything from individual talents and favorite pieces, to racial injustice, operating a business during the COVID-19 pandemic, and not following design trends.

**Tanya and Temidra, your separate talents come together in such a beautiful way that resonates to this region. Can you describe what you both bring to the table?**

**Tanya:** One thing that we're both really good at is knowing each other's strengths and weaknesses. With my background mainly in fine arts, I'm quick to know different creative techniques and how to execute them, and Temidra is the mastermind behind the ideas — when inspiration hits her, it's a world wind.

**Temidra:** Our aesthetics mesh really well together! My background is in textile design and Tanya's is in fine arts. The combination is a really great mix for us to create amazing textiles and art. We both have a very creative mind so when it's time to design it's like magic.

**How and why did you start Hidden Gem?**

**Tanya:** Starting our own business together has always been a dream of ours, and 2019 just seemed to be the time for it. We wanted to create a space where otherwise unrecognized artists could come together and showcase their work.

**Temidra:** Hidden Gem came about because of our passion for creating. We wanted to create a space that incorporated both of our styles and our aesthetic and highlighted our heritage. We also wanted to create a space for artist and artisans to be able to showcase their own work. When we both came out of college we didn't feel like there was a space where we had the opportunity to showcase what we can do and so we took matters into our own hands and created Hidden Gem.

**How did the pandemic affect you personally and also Hidden Gem?**

**Tanya:** Personally, it threw me off course for a bit, I had the idea that 2020 would be the year that I started making some dramatic changes in my life and that it would be the big kick-off point for Hidden Gem. However, with the pandemic there were still changes, it just wasn't what I had imagined. The pandemic really helped us to put our focus on the e-commerce side of our business, which also helped us see that there were other people outside of the Hamptons that had inter-

est in our products and talents.

**Temidra:** The beginning of the pandemic was really hard for me. One being that I just had a baby and was now responsible for another human being, and two, being that we had to shut down our storefront in Southampton. The uncertainty of not knowing what was coming next was really scary for me . . . we had the worry of our health (and those around us) the stress of our own personal finances and on top of that we had the stress of how we were going to pay rent for our store and how we were going to survive the rest of the year. We learned quickly that we had to adapt to whatever life was going to throw at us.

**What would you say is the mission for Hidden Gem?**

**Temidra:** To express our viewpoint on style and design by combing influences from Antigua with our upbringing in the Hamptons. We wanted to create a new Hamptons vibe.

**You have created a space within Hidden Gem that is a place for artists to share their work. Can you explain the process and how you're implementing this?**

**Tanya:** Temidra and I both had the privilege of going to art focused colleges; Temidra FIDM (Fashion Institute of Design & Merchandising) in California, and myself SUNY Purchase College in Westchester, so we were able to meet a wide variety of creators, as well as throughout our travels over the years.

**Temidra:** Honestly, it's really easy because we have a huge network of creators. We can simply reach out to a friend and let them know what we are looking for and get connected to so many cool and unique products.

**What is the full spectrum of services provided by Hidden Gem?**

**Tanya:** We offer customizable products! Everything from our hand painted surfboards to customizable area rugs. We've been thinking of adding some sort of decorating services. We have had clients ask us to help redecorate their homes and have even had a client ask us to help decorate for a wedding!

**Temidra:** I love working with clients to customize our rugs. There are so many options to choose from. Our customers can choose from our library of patterns or we can work with them on a completely new design. The options are limitless when it comes to designing rugs.

**It's Black History Month. The lack of diversity on the East End can seem daunting, so it's great to see two amazing Black women killing it in business. How do you think we can bring more diversity into the region?**

**Tanya:** One thing I think can be done to bring in more diversity, is to actively make room for black and brown people. To keep Black history in mind when making decisions, whether it be where you're making your next purchase to who you're hiring for a position.

**Temidra:** It's all about giving opportunity. People need to be actively aware of where they are spending their money and whom they are giving opportunities to.

**There were Black Lives**



Temidra Willock-Morsch and Tanya Willock. Photo courtesy Hidden Gem

**Matter protests on the East End how did it make you feel?**

**Tanya:** It was a mixed bag of feelings for me, on one hand I was happy to see other people from outside of the Black community take notice of the injustice, but I was sad that it took so many tragedies for it to happen. The BLM movement really was the starting point to help other people see not only the injustices that we have to go through every day, but that Black people are also capable of doing amazing things. The movement has helped people to actively seek out Black creators, and businesses and their many talents. It helped show that being Black and creative, smart, talented are not mutually exclusive.

**Were you surprised by the allies you saw in the community or did you feel it wasn't enough? How can the community do better?**

**Temidra:** I wouldn't say I was surprised. To be honest, it is not something that I have thought about. Sadly, racism and racial injustice has been a part of my life experience, even in the Hamptons. I've never thought about having "allies." I've always thought my experiences were "normal" and it was just something I had to live with. I am learning too (like everyone else), that I need to speak up on the subject, which makes me very uncomfortable.

**Tanya:** I was personally very surprised by the amount of people I saw at the BLM marches in the East End. I've always seen the Hamptons as being its own little bubble where race wasn't something that people took notice of. BLM really put a highlight on the issues that affect not only the world but the individual communi-

ties as well. I think what can be done better is keeping those issues highlighted long after the hype. Don't just stop because there's no more marches.

**When starting your business, were there any hurdles that perhaps affect the Black community specifically?**

**Temidra:** I can't say the hurdles we face are specifically race related because I don't have facts to back that up. What I can speak on is the lack of opportunity that is given, specifically in press coverage.

**Temidra, you became a mom during the pandemic?**

**Temidra:** I did! The best thing that has ever happened to me! It has been such a great experience so far and my daughter has influenced me a lot in so many ways. I am so proud to be a mama!

**Your heritage is Antiguan. Does the Caribbean style seep into your work in terms of design or vibe?**

**Tanya:** All the time, I think the tropical vibe is one of the big things that set our products apart from the rest of "The Hamptons aesthetic."

**Temidra:** Yes, I think it's safe to say that it defines my design work and totally represents the vibe of Hidden Gem!

**What are some of your favorite pieces right now?**

**Temidra:** We are currently designing a new table linen collection, which I am super excited about. It has lots of color and prints!

**Tanya:** Anything we make ourselves really. I'm always excited

about putting out any of our personal creations.

**You have an amazing selection of products for purchase on your website. The style is so eclectic, bright, and happy. And international. Are you following trends or are you just doing your own thing? Any trends that our readers need to know about?**

**Tanya:** We're just kinda doing our thing. One of the reasons we started Hidden Gem was to create a space for our style, and for items that we couldn't find anywhere else.

**Temidra:** I don't think we even know what trends are! We do what we want and share what we love. We spend so much time in our home, especially now, if the pieces you have in your home don't bring you joy, then what's the point of having them?!

**Tanya:** We're not the trend following types, it's about whatever catches our eye. It's all about getting what helps shape your space to the way you'll feel the best in it — and if that happens to be a new trend, go for it.

**Temidra:** Buy what makes you happy!

**Why do you love the East End? And what do you do for fun when you're not working?**

**Tanya:** One thing I love about living out east is the food! Even with the pandemic almost everywhere is able to do takeout, so it's been nice to still get to enjoy restaurants.

**Temidra:** I love the nature and the beach. All of my time now is spent with my little one. We go on daily walks and spend as much time outside — even in the cold.



Photo courtesy  
Enzo Morabito

# Enzo Morabito

## The broker discusses success, tips, & trends in East End real estate

By Ty Wenzel

**W**e can count on one, maybe two hands, who the power players are on the East End real estate world. Douglas Elliman's Enzo Morabito is one of those superstars who has been leading the number one team in the Hamptons for the last ten consecutive years. It was with this knowledge that we at James Lane wondered how someone with his experience and stature in the industry has pivoted during the global pandemic. We caught up with Mr. Morabito to learn more about his success, tips, trends and how he's been coping with his enormous uptick since COVID-19 upended and brought the gold rush to the Hamptons.

**Enzo, how has the Covid-19 crisis affected your business? It must have been intense.**

The movement in the market has been tremendous. We have seen nearly double the business from the previous year. That said, based on the root cause, hopefully it never happens again.

**How are you doing business currently? Are there open houses and if so, how are they performed?**

The days are definitely longer. I get up earlier and earlier to make sure I'm caught up with the market demand, which is stronger than I've ever seen it. As for the operational aspect, we've changed the way we do business. Rarely are we now in the office.

Everything is by appointment and per COVID protocols.

Fortunately, for the open houses, my team has perfected the art of getting people on-site and moving them safely through once they are there. It takes a village to keep this kind of precise clockwork in motion and I couldn't do it without my crack team — Greg Geuer, Chris Furchert, Meghan Bozek, Danielle Baker, Erica Smitheman, Dawn Watson, and Sean Gray.

**Are you personally seeing a permanent migration to the East End from city folk as we have heard?**

We've been seeing record migration for nearly a year now. It's not finished yet. The big question is will it stay this way? How many people who previously had a second or third home in the Hamptons will make this their primary residence going forward? Time will tell.

**Are there any homes that you've sold that you're particularly proud of in 2020?**

There have been so many. The sheer numbers of successful transactions that we've had in the past year is staggering. I'm most proud of the fact that we've been able to be part of the process for so many satisfied clients and customers. But, I can't let the question pass without sharing my pleasure at getting the Sag Harbor 7-Eleven property into the hands of the folks at Bay Street Theater.

**What are some trends you are seeing in homes that is now important but wasn't prior to the COVID-19 outbreak?**

More than ever, your home is the center of the universe. Aside from the new necessities — gym, office, entertaining spaces — our homes have become inclusive of our lives. Everything has changed. We've gone from the concept of home as the place where we eat, sleep, and live to home as a department store, a movie theater, a sports park, a fitness center, a spa with hotel amenities, a restaurant. Everything is now at our fingertips.

**Your brand touts "white glove" concierge service. What exactly does that entail?**

We have the resources, the manpower, the abilities, the drive and the desire to be the best. And we stay in constant contact and keep everyone in our networks more informed. Even when I started out, these have been the things that have mattered to me. I've built the team around these concepts. It's a lot of effort but it's the only way to do business.

**What marketing channels are you using to**

**market your exclusives and to attract sellers these days?**

I'm a broad-based marketing guy. My firm belief is that you need to utilize every good opportunity that you can — print, social, digital, TV, radio, sponsorship, community involvement, and public relations. Number one, I have the resources to do it. Number two, I'm not afraid to use them. I want to get that message out worldwide. So whether it's flying a banner across the beach, filming television commercials or bringing on Dawn to do our own in-house PR, I'm going to keep going at it from all sides. It all works together.

**What advice would you give sellers right now?**

The same advice that I have always given; the main point is that you have to get to the right price. Don't list something that's so far beyond market value that it won't sell. Price it right and you'll probably start a bidding war. I love bidding wars.

**What about buyers? Is there a new objective towards attracting buyers to the scale of homes that you sell?**

It's a sellers' market. Buyers have to be smart, savvy, and prepared. And, for the most part, they are. They know the inventory and they recognize the value of a great property. Since I'm primarily a listing broker, I get contacted by buyers every day who are interested in our listings. Since we're known to have the listings — across all price points on entire East End — we have the luxury of buyers coming to us.

**How do you see the market playing out in 2021?**

It's looking to be just as strong this year as it was last year. Turns out, this is a pretty good place to roost.

**You've won nearly everything awarded real estate superstars. What's your secret?**

I'm proud to have headed the number one team in the Hamptons every year for the past 10 years in a row. But it's not about my ego or the rankings; it's about sustained excellence.

My secret is not a secret at all. It's commitment to putting the needs of my clients and customers first, a passion for putting deals together and just loving what I do.

**What do you do for fun when you're not working?**

Work *IS* fun!



# Happy Home Projects

Keeping busy at home this winter

A We Gather Kaleidoscope DYE Kit from Mind Offline. Photo courtesy Mind Offline

This winter we've done the research to bring you fun do-it-yourself "Happy Home" projects that you can do while staying home and social distancing.

Mind Offline's mission is to reconnect people with their drive to create, while also cutting back on screen time.

"In a world where false stimuli surround us — influencing our priorities, our use of time, thoughts and even our moods — we are here to help you navigate back offline," reads the company's website, which was founded by Nicole Delma.

Mind Offline's maker kits are perfect for your next at-home project. They offer everything from learning how to block print dinner napkins, creating flower press greeting cards, to experiencing embroidery, pottery, how to make soap, and so much more.

Mind Offline also partnered with the Hamptons International Film Festival to provide a purpose-driven, eco-friendly shopping experience in East Hampton, while raising funds for HIFF's Air, Land and Sea environmental film category. The store is located at 79 Newtown Lane.

Kits include a Botanical Watercolor Kit, offering six handcrafted designs, lightly printed on watercolor paper — a fun and stress-free experience.

For the foodie, Mind Offline even offers an everything bagel kit, apple cider doughnut baking kit, and sourdough bread kit. A We Gather Kaleidoscope DYE Kit will walk you through the basics of working with dyes, while creating a design on a cotton scarf.

Sundae Donuts, a donut shop with locations in Montauk and Hampton Bays, offers DIY Donut Decorating Kits that include freshly baked mini donuts, ready to be decorated with a colorful variety of icings and sprinkles. The shops are currently closed for the winter, but the decorating kits can be delivered right to your door.

RGNY Vineyard in Riverhead offers you the chance to be your own winemaker with a wine blending kit. Create a custom blend using the vineyard's Merlot, Cabernet Franc, Cabernet Sauvignon, and Petit Verdot. The kits come complete with two RGNY dancing glasses and all of the tools needed to mix the perfect blend. There is also a curated video featuring winemaker Lilia Perez to help guide you.



Sundae Donuts offers DIY Donut Decorating Kits, delivered right to your door.



The RGNY wine blending Kit. Photo by Jessica Mackin-Cipro



Mind Offline offers this Everything Bagel kit. Photo courtesy Mind Offline

# Gluttony & Glam



## By Zachary Weiss

We've got an atypical mix of goods for your Valentine's Day shopping list this year. There are, of course, the usual suspects – a beautiful timepiece, a covetable handbag, and a classic cozy sweater – but this year we've ditched the roses and box of chocolates. Instead, we've got a trio of more gluttonous treats, including a ready-made dinner for two from the renowned Eleven Madison Park. Available for pickup from the eatery's East Hampton outpost, the meal includes lobster pie, bone-marrow crusted beef tenderloin, vegetable sides such as kale and cumin-roasted carrots, a winter greens salad, and a dark chocolate tart with passion fruit alongside a jar of EMP's treasured granola. Best of all, however, is that for every meal purchased, Eleven Madison Park donates 10 meals to New Yorkers experiencing food insecurity through their ongoing partnership with Rethink Food.



Chateau d'Esclans Whispering Angel x Baccarat Gift Set - \$299



Tory Burch - Eleanor Small Bag - \$698



Hermès Cape Cod Timepiece - Diamond Set Rose Gold Case and Red Alligator Strap - \$12,050



EMP At Home Valentine's Day menu for two - \$325



Petrossian Five Star Showcase, Five 30g Tins - \$470



La Ligne - Mini Marin Sweater - \$250

# Editors' Picks: For Wellness & Self-Care



By Christine Prydatko & Jessica Mackin-Cipro

Wellness and self-care are everything right now, especially as we navigate through COVID-times while trying to keep our mind, body, and spirit in a good place. Over the past few months we've featured a variety of people and products. Here are a few of our editors' picks — what we've discovered, loved, and wanted to share. Whether you're looking to reset, relax, stay on track, or just looking to add a few extra antioxidants, here are a few items that we recommend. See more picks on our website, [www.jameslanepost.com](http://www.jameslanepost.com).



*Beauty & The Broth provides carefully crafted bone broth that is eight times more potent than your average broth. It is slowly-simmered and reduced to remove most of the water. The kits of USDA organic collagen-rich broth are made to be gut-healthy, convenient, and customizable — promoting glowing skin, stronger nails, and shinier hair. The kits also come with a BPA-free rice cook cup.*



*PLAIN-T, based in Southampton, is offering a Wellness Gift Set for \$55. The set includes a 4 oz Detox Lemon Ginger Mint and 3 oz Detox White Hibiscus. Included is organic superb herb Cistus Incanus, which has strong antiviral properties. For a 10 percent discount, use code: JL10*



*Courtney Seard, a performance coach and leadership trainer, has created THE RISE: VISION\ACTION\PLANNER, a planner that consists of a vision journal — backed by neuroscience and psychology research — to help create a more meaningful day, and an action planner, used to keep you motivated to accomplish your goals.*



*Soak with Hamptons Spa Sand's premium artisanal sea salts. They come in a variety of colors and scents, representing the East End, like rosé, hydrangea, beach, sunset, and sunrise. We offer gift baskets for sale on our site, or visit [www.hamptonsspasand.com](http://www.hamptonsspasand.com).*

## Shop James Lane



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## Rational Hemp

Rational Hemp's products (which include Full Spectrum Hemp Extract and Full Spectrum Hemp Extract Cream) include hemp-derived CBD and organic hemp seed oil. The East Hampton based company aims to uncomplicate CBD and eliminate confusion in the market place, while providing a high quality product.

The hemp is sustainably farmed using organic methods by eighth generation hemp farmers in Kentucky. Products are then tested by an independent lab for quality. Every bottle is traceable from "Seed to Shelf." The Full Spectrum Hemp Extract offers 2400mg in 30ml bottle. Products are vegan, pesticide free, and non-GMO.

Thirty percent of proceeds from the sale of Rational Hemp will be donated to the East End Cares/Clamshell Foundation Fund for Food pantries. You can purchase a few of their products on the "shop local" section of our site. We

caught up with Kathryn Perry of Rational Hemp to learn more.

### What inspired you to start Rational Hemp?

I discovered the benefits of CBD about two years ago. I found that using it an hour before bedtime greatly improved my sleep. A friend who is a long time marathoner told me that regular use of CBD had made a remarkable difference in his legs — they felt 20 years younger. Another friend said rubbing the oil on her hands made her arthritic pain subside. But I also quickly learned that most products — and not only on the East End — were just ridiculously overpriced at 10 to 20 times the cost of production. I decided to enter the marketplace with the highest quality CBD but at a sensible price so people can actually afford to make it a part of their daily health regimen, just like vitamins, herbal teas, or other health supplements.

Most brands charge eight to 17 cents per mg for their CBD Oil. Rational is under four cents — before any promotion.

I decided to call our product Full Spectrum Hemp Extract rather than CBD Oil because it better reflects that our oil contains all the beneficial ingredients of the hemp plant.

### What are some of the benefits of using Rational Hemp products?

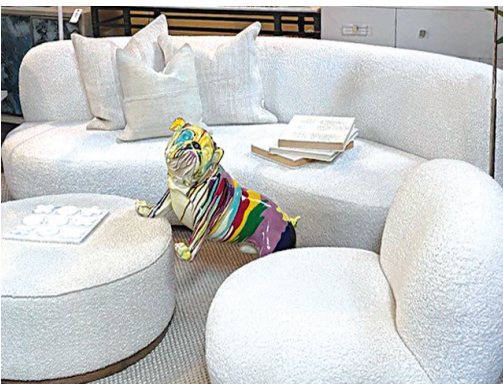
CBD Oil is not one size fits all when it comes to benefits. It all depends on your own Endocannabinoid System, which is kind of like the body's Master Regulator. In most basic terms it helps your body get back in balance. So it may help you with sleep issues, pain, cellular level inflammation, stress and anxiety, and more. If used upon waking, it may help some people with focus and concentration.

*To read our full interview, visit [www.jameslanepost.com](http://www.jameslanepost.com).*



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