

# James Lane

— POST —

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



## KATE BOCK

*Model Turned Entrepreneur Talks New Ventures*

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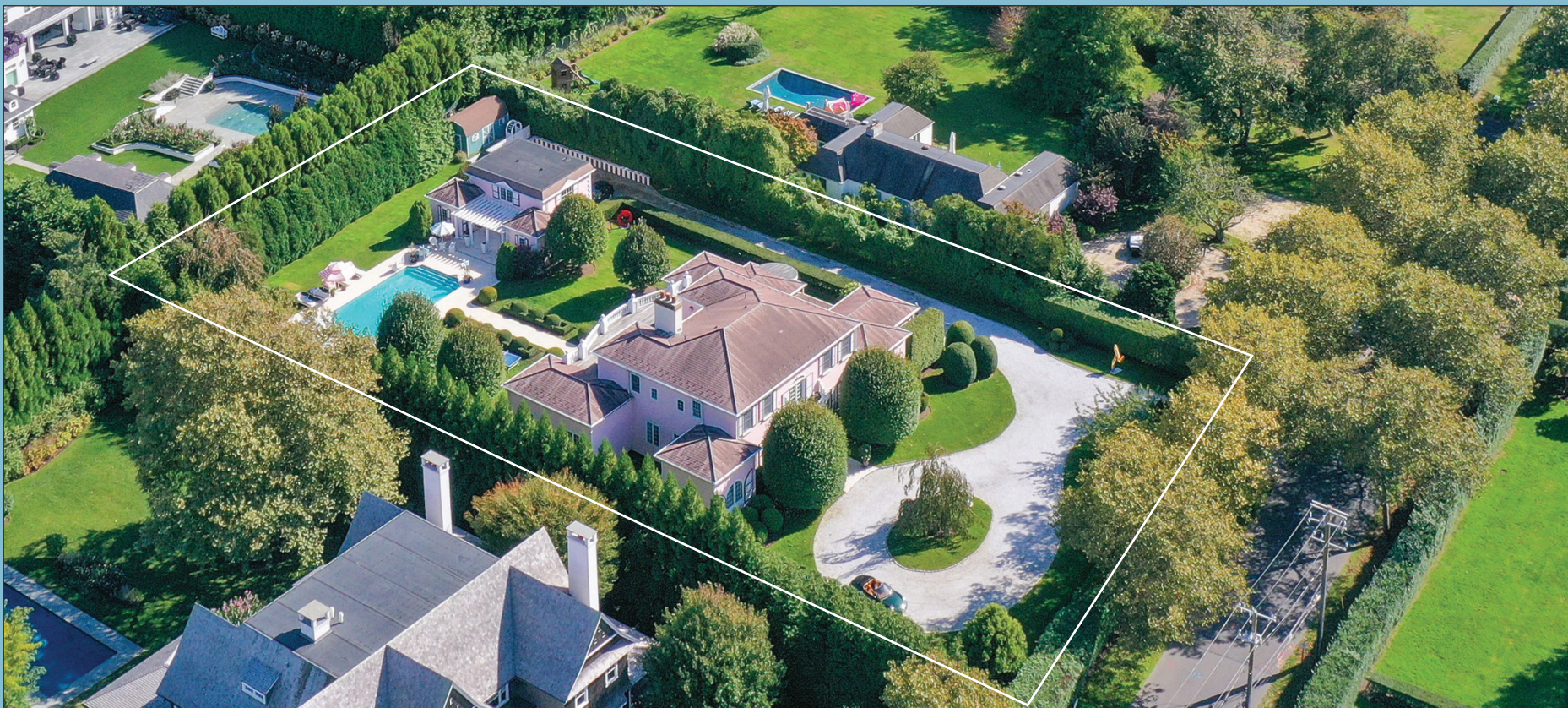


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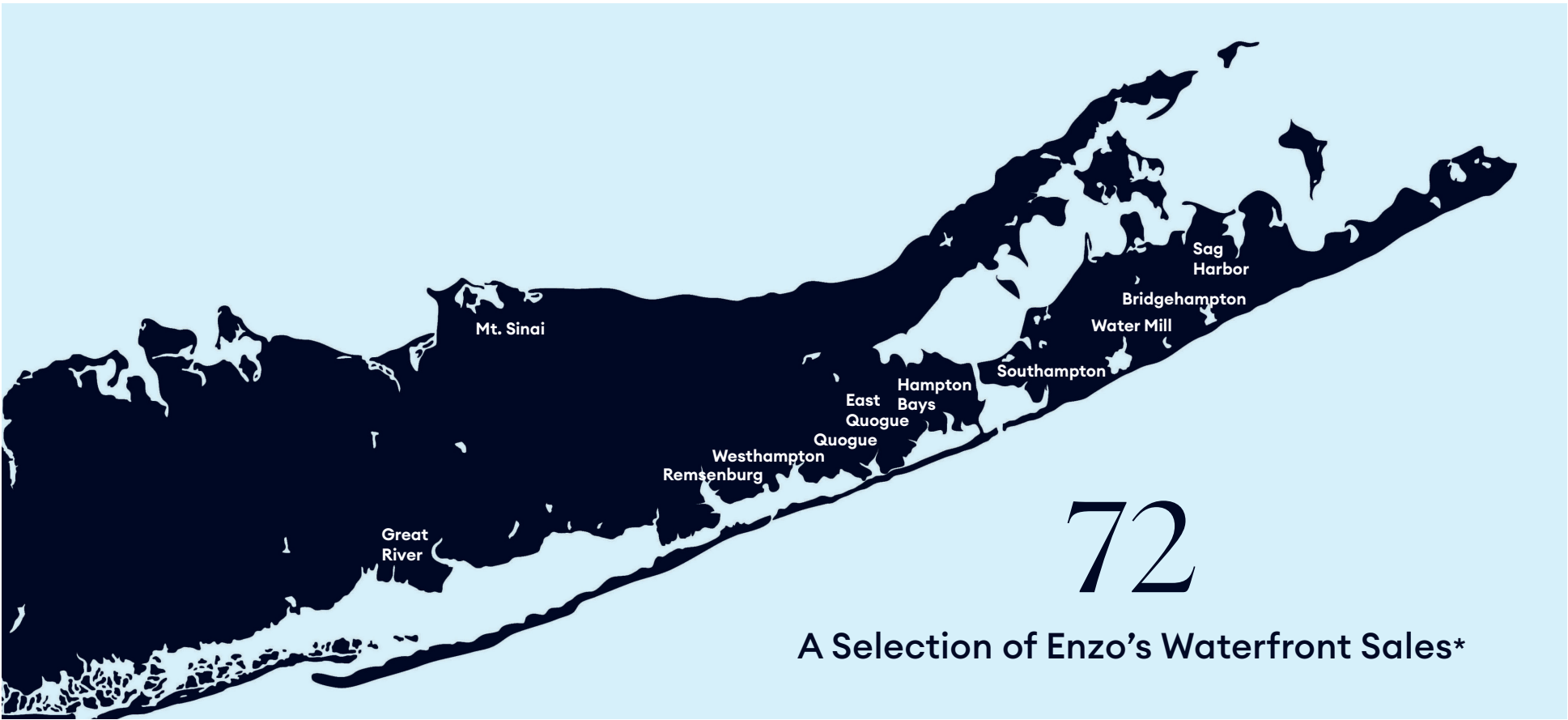
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Westhampton Beach	291 Dune Road	113 Dune Road	Hampton Bays	27 Old Point Road	East Quogue	Bridgehampton
811 Dune Road	29 Fiske Avenue	884 Dune Road	35 Nautilus Drive	157 Dune Road	52 Sunset Drive	191 Mid Ocean Drive
929 Dune Road	266 Dune Road	47 Homans Avenue	7 Nautilus Court	14 Rogusa Lane	12 Sunset Drive	19 Kellis Way
788A Dune Road	47 Homans Avenue	580 Dune #9	24 Oak Lane	176 Dune Road	6 Squires Avenue	39 West Pond Drive
167 Oneck Road	167 Dune Road	<b>Westhampton</b>	11 Mill Pond Road	182 Dune Road	65 Dune Road	<b>Sag Harbor</b>
842 Dune Road	837 Dune Road	69 Shore Road	26 Elder Avenue	178 Dune Road	<b>Remsenburg</b>	1 Fahys
482 Dune Road	539 Dune Road #29	611 Dune Road	<b>Mt. Sinai</b>	46 Dune Road	6 Ring Neck Road	3831 Noyac Road
3 Old Meadow Bend Rd	493 Dune Road	18 Apaucok Road	25 Waters Edge Lane	20 Dune Road	30 Ring Neck Road	21 Peconic Avenue
677 Dune Road	143 Dune Road	617 Dune Road	<b>Quogue</b>	118 Dune Road	18 Duck Point Road	12 Harrys Lane
17 Dune Road	65 Dune Road	59 Shore Road	38 Beach Lane	226 Dune Road	<b>Southampton</b>	<b>Water Mill</b>
5 Widgeon Way	929 Dune Road	379 Dune Road	31 Ocean Avenue	22 & 23 Dune Road	48 Oak Grove Road	37 Wild Goose Lane
951B Dune Road	66 Seafield Lane	646 Dune Road	19 Dune Road	43 Dune Road		
	788A Dune Road					

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23 Riviera Court, Great River	145 Dune Road, Westhampton Beach	9A Brushy Neck Lane, Westhampton
28 Halsey Avenue, Westhampton Beach	553 Dune Road, Westhampton	547 Main Street, Westhampton Beach
143 Dune Road, Westhampton Beach		



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# Kate Bock

## Model Turned Entrepreneur Talks New Ventures

*By Ty Wenzel*

**W**hen one thinks about the Sports Illustrated swimsuit edition — the locations, the fashion, and of course, the stunning models — it's known that it's a major coup in the modeling world to be chosen to be in an issue, and the cover is the Holy Grail. New Hamptons denizen, Kate Bock, debuted within the SI pages in 2013 as Rookie Of The Year, and ultimately landed a truly stunning cover in 2020, after sharing the 2019 cover with Jasmine Sanders and Olivia Culpo. She was also the first to announce that she would return to the pages of the issue for 2021.

Bock puts her hard-earned stature towards causes she loves — with her love, Kevin Love, a professional basketball player for the Cleveland Cavaliers, whom she is engaged to since January. Their relationship has transcended the standard day-to-day to include several ventures together that align to their own core values within the health and wellness space.

We Zoomed with Bock to learn more about the incredible story of her modeling career, her childhood, and especially about the many businesses that are organically turning this superstar into a venture capitalist.

There is so much to learn about Ms. Bock. So. Much. More.

**Congratulations on your engagement, Kate! You and Kevin are aligned on so many levels. Can you tell us about how you find yourself getting involved with various companies that impact your lives? And why did investing with Kevin make sense to you?**

We both like balance. We go to a wine tasting after a morning work out, then a healthy lunch to take care of our bodies. We obviously have different careers, but they don't last forever and it's important to be your best self at all times physically and mentally. We both wanted to make sure that we're aligned to the kind of companies and brands that we wanted to work with. Kev's portfolio is a little bit more around the mental health space and wellness, and mine's more physical health and wellness — and they really go together nicely so it's really just lucky.

**Let's start with Pompette! How did you get started with this brand?**

I was introduced to Pompette because they did a little partnership with Sports Illustrated. They sent the team bottles. I was in

the Hamptons and kept getting texts and packages from the editors. I've been working with this team for a decade now, so they know me quite well. They said, "this brand could not be more you." It's light, clean, it's a beautiful bottle, the aesthetic is so me. I love the product and I asked, "How can I get involved?" Things have been really weird in the world and we've all pivoted because of Covid.

**So true. You really drilled down on philanthropy and backing companies you love. Talk about putting your money where your mouth is.**

I had more time to invest myself creatively with brands. I'm Pompette's chief brand officer. I'm helping with social media, PR, branding, working inside the company helping to promote it, which is so different from just attaching your name on it or an Instagram post.

I've been involved in the distribution meetings with Jeremy Smith, who's the founder, and he's amazing. I think it's a really cool kind of duo where he's really the brains behind the business and I'm really like the consumer who loved the brand so much that I wanted to get involved.

I also took over the social media where I've been shooting it with a friend of mine who I hired to do all of the content. We're doing ads and pushing the brand, getting the messaging out, while talking about the brand as much as I can. It's natural because I like it and I do drink it. My entire team drinks it now too. We all love it.

**Are you bringing Pompette out to the Hamptons?**

We're trying to figure out the distribution right now for Long Island and there are a few hotels that I just feel like this is perfect for like Gurney's. It's perfect for Navy Beach. I mean, hello? [She raises the pretty bottle up with a chef's kiss].

**What does Pompette mean?**

Pompette means a little bit tipsy in French, which is perfect. Like when you go to the beach with your girlfriends and want to get a little bit tipsy without going overboard.

**Love that! What are the different flavors people can enjoy?**

Cucumber/lime, clementine/berry, lemon/mint, rose/hibiscus.

What's nice about Pompette is that you can drink it on ice, and it's just light and clean. You can also use it as a mixer so you can make cocktails out of it. It's quite light, just five percent alcohol, so if you want to add a shot and ginger ale, or a lime you can make a cocktail of it.

**Sounds like a bar menu is in order! It's amazing to us that during the pandemic when so many shut down and locked down, you took it in a completely different direction. You got engaged, you're modeling, and you're building a business empire within the health & wellness space. The life of a founder is not easy.**

I definitely get overwhelmed.

I'm really lucky. I grew up with my mom going to farmers markets. We didn't have anything but organic food in our house — we weren't allowed anything processed. As a child, I was like, "this is so boring, I want Honey Nut Cheerios and Rice Crispies" — we were not allowed any bad food. We even had something called "Birthday Cereals," where once a year you were allowed to pick out like a chemical cereal. She was very strict with that, so I didn't realize it as a child, but as an adult I crave things that are healthy now.

Good food is food that's clean and not very processed. I think partially because I grew up on this diet . . . it made a difference in clear skin and maybe partially my height. I'm lucky that I learned that early.

**Your mom was before her time. Your childhood obviously guided your life in many ways. Let's talk about the organization, Wellness In The Schools, that you're involved with.**

I was looking for a charity to get involved with and was Googling words like "wellness," "kids," "school," and literally found Wellness In The Schools! Couldn't be better and they are based in New York City. I was looking for creative ways to get involved because obviously [at the time] you couldn't be there in person because of Covid. Normally, I would try to be there and help make lunches, or help by being involved with the kids directly, but we found really cool ways to contribute. I've been doing live cooking shows. For example, we did one trying to promote eating the rainbow where you try to have as many colors in your meals as possible. Or being active in doing



workout challenges that you can do at home, so it’s been really fun working with them. I definitely look forward to doing more in-person! It’s exactly what I was looking for.

For Mother’s Day you curated a hand-repair kit for Tenoverten. It’s fabulous!

I thought this was perfect because, yes, we’ve all been washing our hands more than ever and we should keep doing that, but it does leave your hands feeling quite dry and crispy. When I was in my 8th grade sewing class, I remember my teacher saying to always have clean, manicured hands. That always stuck with me. I know it’s funny that I remember that specific thing. The Tenoverten hand repair kit [which is still available] is all natural, non-toxic products. The kit has a hand serum, a hand cream and a cuticle oil. Just three steps and it takes five minutes, it’s not a long process. Leave it on thick, go to sleep and you wake up with the softest hands. It really works and can be used daily. It has a light, nice fragrance. I don’t like heavy fragrances.

Another company you’re working on is Abby’s Better, such a fantastic brand of nut butters and an even more amazing backstory!

I know, it’s amazing! Abby was fifteen when she came up with this by wanting to find alternative healthier snacks. She loves nut butters like me. She’s now 21 and has at least 20 flavors at this point. They’re all really special flavors that are clean. They don’t have too many ingredients and are also plant-based protein, gluten-free, non-GMO, and paleo. There are options for dairy-free or peanut-free. And she’s a young female entrepreneur!

I just thought it was so exciting and this is something that both Kevin and I are involved in. He likes to promote it after practice as a great snack for on the go. I travel with these as a snack between meals. I make pancakes with it. I put it into my protein shakes. It was a natural fit for both of us — and we love the product. As a big coffee fan, my favorite flavor is the honey/espresso.

Did you and Kevin approach her or the other way around?

Abby actually had a stand at the NBA All-Star Game and we were there with Kevin’s manager and she ended up meeting her. She’s a young go-getter, now selling all over the nation. I think we all just fell in love with her story and the product and, of course, that she’s a young female trying to make it. There isn’t anything quite like it on the market. It just made sense and was a natural, easy choice for both of us. We just love it.

You’re growing into your own health-conscious VC.

I still love modeling and I am excited to get back into being in studios all the time, and slowly we’re getting there, but I think during this weird pandemic time it forces us to pivot a little bit. It’s been such a learning experience. It’s so much more rewarding to get invested in companies from the inside and promote them because you actually care about them, you actually know about them, and you actually know the founder in the story. I’m obsessed with “Shark Tank,” I could watch it all day!

Preaching to the choir! Where do you see yourself going towards after Covid becomes a memory? Will you be reaching out to companies or are you taking business plans?

At first, I would say we reach out to companies that we want to put out there, to see how we could get involved with them beyond just doing an Instagram post. I feel like people can smell when it’s just a post. It doesn’t sound engaging like when someone believes in it. That’s way more interesting. I also feel like I have a following that believes in me and really trusts my opinion on things and I don’t want to tell them about something that I don’t really care about.

Now that the venture ball is rolling, we’re getting emails and different kinds of brands that want to get involved with me and my team. We have three or four more investments that are coming in that we will be able to speak to you in the next couple months about, so that’ll be really great.

Modeling and business are such different business paradigms. Is it a challenging transition for you?

Normally, as a model you just show up and as long as I have worked out and have clean skin and hair and I showered the night before, I’m pretty much good. Now suddenly, I’m in lots of calls for investment deals. It’s such a different world of study and research. I’m now getting involved in companies in ways that I had never done before, so it’s been really exciting and rewarding. I just feel like maybe I was ready for this and the timing worked out.

It’s such a niche region here on the East End. Tell us how your ventures can or will be accessible out here?

Abby’s Better is already at Stop & Shop! We’re actually looking at a space right now for the summer so I think that there will be Tenoverten products soon. They did a pop-up with Onda Beauty last summer in Sag Harbor and I’m working on Pompette, so I think we’re going to get all of them out there for the summer.

We can’t gloss over the amazing accomplishment of your involvement with Sports Illustrated. Tell us about the issue due out in July, and the re-

veal and announcement for your 2020 cover.

Yes, I was the first one they announced. I think they started announcing March 1. We were lucky that they figured out how to shoot in a Covid environment, though it was like being stalked by the Covid tester man who really made sure that everyone was tested very regularly. You just make it work. They shot in beautiful locations and as much as I miss traveling abroad, I didn’t get jet lag. I felt great at work. I’m really excited for it to come out, though I’m so sad that we never really got to celebrate last year’s issue, which is my cover year, which was an absolute dream to get. It’s a funny story how I found out. I was in the Hamptons at our house and Kevin’s manager emailed us and told us we have some interviews that we want you guys to do together as a couple in quarantine. He said we’ll just have questions ready and we’ll get you guys answering them with each other. I was trying to practice with him the night before. It was like getting ready for the Dating Game where you have to know things about your partner. So I was like, “Kev, what’s your favorite meal? Let’s go!”

So he asked me, “who’s on the cover of Sports Illustrated?” I was like, “I don’t know?” Then Kev handed it to me, and it was such a fun and cool moment. I was then told to go to the door and welcome the camera crew in, now that I knew it was a reveal. When I went outside all of the Sports Illustrated staff was there, my agent, there were streamers — my heart was beating out of my chest. It was the best day ever!

Such a fun reveal. Congratulations! It’s lovely to know you’re here, on the East End, one of us. Can you tell us a little bit about your connection to the Hamptons?

I’ve lived in New York for twelve or thirteen years and I always came out for like a week, or a weekend, depending on who had a share-house, or weekends with my girlfriends, or getting a hotel room, or staying with friends. Kevin and I, together, had been to the Hamptons, we rented houses for like a week or two a few summers before. When the pandemic hit, we realized it meant we wouldn’t be traveling to see family or friends, that we couldn’t really go anywhere. The Hamptons was the perfect place to be. It was safe, it was comfortable, it still felt like a vacation, even though we were close to the city when the city was a scary place to be at the time.

We rented a place from May through October so we were really out there for a long time and during that time I think I had looked at every single property available online. To see if they’re as good as the pictures look, we started touring them. We ended up finding our dream house and closed in November — we’re so in love with it. We’ll be out there this summer and we’re finishing decorating it. That’s also been a really fun, creative process for both of us. Luckily, we have the exact same home decor style.

We promise not to stalk you, but where are your favorite places out here that you go to enjoy your down time?

They sound similar but they’re not — Calissa for Mediterranean food, and Carissa’s Bakery. Both are favorites. Grindstone Coffee in Sag Harbor — so good! Moby’s, I love. Crow’s Nest in Montauk with the view. Date nights at Tutto Il Giorno. The Mexican restaurant in Amagasset, La Fondita — amazing! We drove by it about ten times without realizing and when we finally went, we said to ourselves, “we needed to know about this.” Kissaki Sushi is great. Topping Rose House — so good. Obviously, Duryea’s.

We also did spa day at Shou Sugi Ban house in Water Mill. We did tennis lessons, a yoga class, massages. It’s such a beautiful, Zen space with super organic, clean food. Loaves & Fishes is a favorite, we do big pick ups when we have people coming to town. Also Estia’s for when we have people visiting.

You’re like a local girl! Such a great list.

It’s a huge list because it’s such a fun place to be.

What is it that you like about it out here?

Our dog, Vestry, I think her happiest place on Earth is the beach. She likes to run around the waves. I can just see how happy she is. We just love going on big beach walks and she likes to sprint circles around us with the biggest smile on her face. We got bikes and I got a sidecar for my bike so now we can go to the beach with some bottles of Pompette, and Vestry is in her life jacket in a harness strapped in. It’s the funniest thing ever, and everyone who sees it thinks it’s the cutest thing in the world and they wave as we go by. You can strap in kids, too.

In the Hamptons you can have a social life, like eat at someone’s house or just hang out in their backyard. I grew up going to summer camp, and it’s something about being in the Hamptons and having all your friends nearby feels familiar. Like I’m just going to bike over or I’ll just stop by because I’m in your neighborhood and we’re all outside and it’s just so homey and nice.

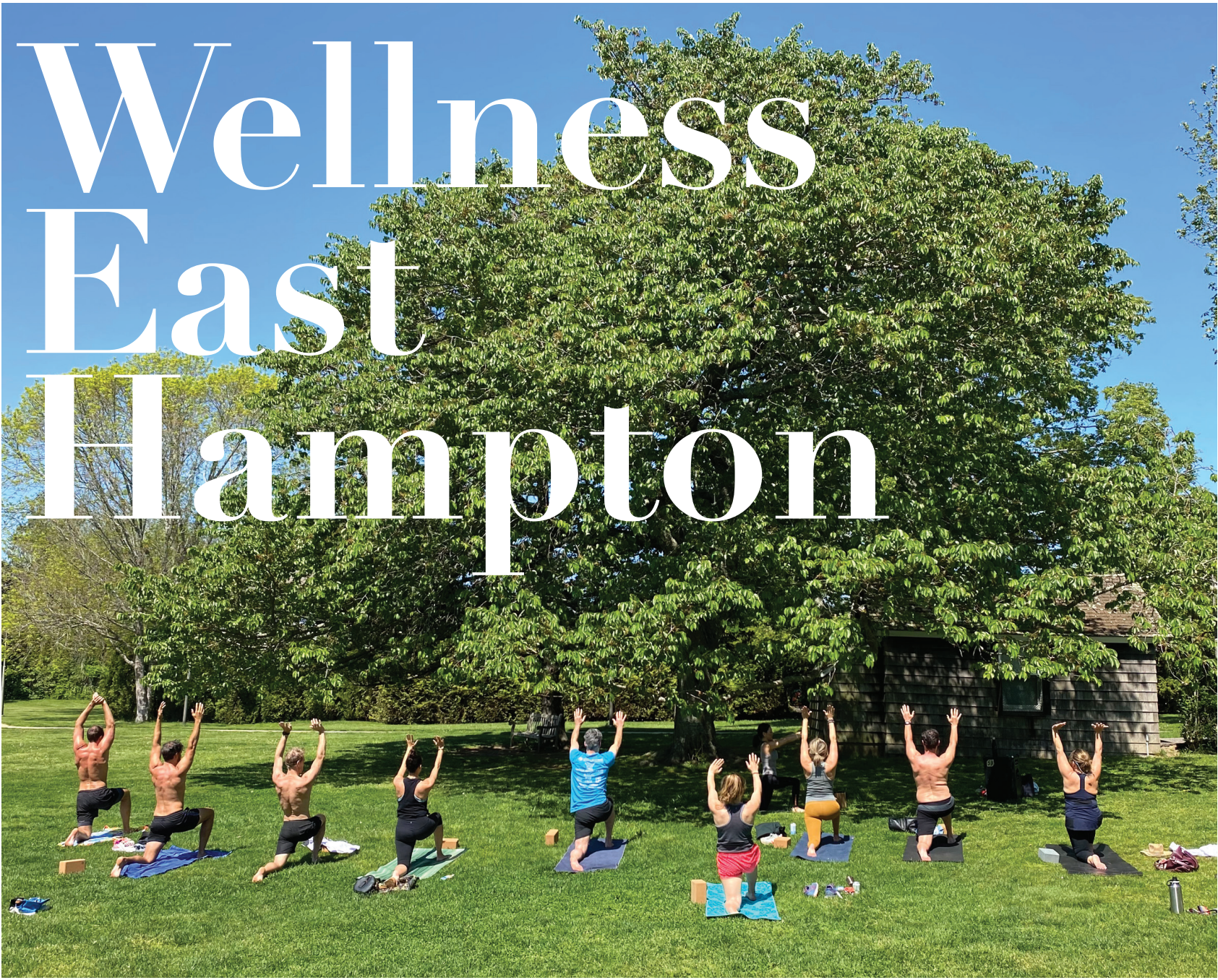
You’re really such an inspiration as a woman founder, a burgeoning venture fund, and amazingly beautiful human inside and out. So many congratulations to you on so many wonderful things!

Thank you so much.

To learn more about Bock, visit [www.katebock.com](http://www.katebock.com).







Wellness East Hampton, a month-long series of fitness and wellness classes, activities, and discussions, took place throughout the month of May, in Herrick Park in East Hampton Village.

Classes were held by Daniel Lauter, Richer Movement, Donna McCue, CoreBarreFit, Taylor Pearl, Truth Training, ONEYOGAHOUSE, Mivana Move, Alyson Follenius, Elements Fitness, Evolveast, and CosmicRx.

A wellness fair was held and included vendors such as Elements Fitness, the Samuel Waxman Cancer Research Foundation, Mind Offline, Swoon, Alyson Follenius & Megan McGuire, and Evolveast.

Lunchtime panel discussions were held at The Hedges Inn. The first, on the topic of mental health was moderated by Bridget LeRoy, and featured panelists Amy Kalaczynski, the founder of the Montauk Meditation Club; East End Acupuncture's Julie Sigler-Baum; Minerva Perez, the executive director of OLA of Eastern Long Island; journalist and film director Allura Leggard; East Hampton High School Student Madelyne Gaibor; i-tri program director Alyssa Channin; and Marisa Striano, the founder of Spirit's Promise Equine Rescue.

The second was a panel on the topic of nutrition was moderated by Nikki on the Daily's Nicole Teitler. Panelists included Thuyen Nguyen of Thuyen Skincare, Dr. Gerry Curatola of Rejuvenation Health, Charlotte LaGuardia of ThriveEast Nutrition, Hamptons Wellness Coach Alyson Follenius, and Wellness Foundation President Michele Sacconaghi.

Wellness East Hampton was hosted by Discover the Hamptons, James Lane Post, McKenna Interactive Media, Discover Long Island, and the East Hampton Chamber of Commerce, and sponsored by Intelli-Tec Security Services.



# ‘Whimsy’

## Outdoor Sculpture Garden Curated by Eric Fischl

After completing various grounds improvements projects to enhance its three-acre property, Southampton Arts Center is undergoing further transformation with the installation of a new public art project.

“WHIMSY,” an outdoor sculpture garden curated by artist Eric Fischl, is currently being installed on SAC’s grounds, and will open to the public Memorial Day weekend.

Featuring works from artists including Alice Aycock, Louise Bourgeois, Hans van de Bovenkamp, Mel Kendrick, Larry Rivers, David Salle, Almond Zigmund, and more, this public art exhibition is free and will be open daily.

“A long-time friend and collaborator of Southampton Arts Center, Eric Fischl’s latest installation on our grounds continues to wow and inspire,” said SAC executive director Tom Dunn. “These playful sculptures are bold, vibrant, energetic works that complement our recently improved grounds. ‘WHIMSY’ is another great example of SAC’s commitment to our community, offering a safe, inclusive space for everyone to experience arts and culture.”

Among these dynamic works is Rivers’ infamous 16-foot-tall pop art sculpture, “Legs,” which has long attracted both admiration and controversy. Alice Aycock’s 10,000+ pound “Cyclone,” Louise Bourgeois’ “Eyes,” and David Salle’s “Elko Park,” which has not been seen in 30 years, will be on display.

“WHIMSY is a wonderful, spirited, and intelligent show,” Fischl explained. “These works hit the right tone for the moment. They are playful — full of life, delight, and irony. It will be a memorable, dynamic outdoor exhibition.”

Architect Siamak Samii, who also serves on SAC’s board of directors, is behind other major grounds improvements, including a new brick courtyard in SAC’s iconic Caesar Garden, the establishment of new perimeters around each statue to further conservation efforts, and expansion of the north-south walkway. Samii also helped remove invasive plant species on the west lawn, and replaced a dilapidated fence on the property line. SAC’s outdoor improvements have been made possible thanks to the generosity Anke Beck-Friedrich and Jürgen Friedrich.

With help from partners at Group for the East End, The Perfect Earth Project, Long Island Native Plant Initiative, and Shane Weeks from the Shinnecock Indian Nation, SAC also installed a native plant garden on the grounds.

These efforts are a nod to the organization’s ongoing commitment to the environment as well as the community by offering a free public space for all to enjoy, any time.

In celebration of these recent improvements and the installation of “WHIMSY,” SAC will host its inaugural summer cocktail party, Whimsy in the Garden, on Friday, June 25 from 6:30 to 8:30 PM. Visit [southamptonartscenter.org/cocktail-party](http://southamptonartscenter.org/cocktail-party).



Alice Aycock’s “Cyclone.” Photos courtesy Southampton Arts Center



Group for the East End’s Anita Wright, Shinnecock Indian Nation’s Shane Weeks, Group for the East End’s Taralynn Reynolds, Southampton Arts Center’s Daniela Kronmeyer.



# Jeff Muhs’

## ‘Superheavy Nights’

Roman Fine Art in Sag Harbor presents “Superheavy Nights,” an exhibition of new paintings by painter and sculptor Jeff Muhs. Muhs’ first solo show at Roman Fine Art includes a selection of works from his ongoing Slipstream series.

Muhs’ abstract paintings are pictorial descriptions or interpretations of events and observations. Through his work, Muhs endeavors to examine, challenge, and expand our understanding of beauty and our perception of it. “Superheavy Nights” opens Thursday, May 27 and will continue through Sunday, June 27.

“Over the last 25 years my work has undergone an evolution from its beginnings as literal depictions of the environment, through a journey of synthesis, simplification, and abstraction roughly paralleling the history of twentieth century art,” said Muhs. “The inspiration is the same, but the works are now contemplations and actualizations of creative and physical forces at work in our experience.”

Like many of the Action and Ges-

ture painters before him, Muhs uses a variety of painting techniques including, but not limited to, dripping, smearing, and pouring paint. The backgrounds are typically black paint that is moved around resembling the whitening out of windows during times of construction or closure. This technique is then over-painted by a dense and colorful mass that calls to mind landscape and Color Field elements. When combined, the push and pull of the eye, causes the viewer to slip between the two disparate yet synthesized elements.

The black and white swirling masses are grounded by the opaque denseness of the foreground elements. This oscillation between background and foreground allows the viewer to move in and out and through the matrix of paint. The paintings also afford areas where the eye can rest, areas of deep space to float around in, as well as rich islands of color to float upon the work’s surface.

A wine reception with natural wines purveyor, Nat Out East, will be held on Saturday, May 29, from 5 to 7 PM.



Photo by Eric Striffler

# Rita Cantina Arrives in Springs

Rita Cantina opens its doors in Springs. The new eatery boasts modern Mexican dishes made from high-quality ingredients, along with an extensive agave-focused bar program.

East Hampton Chef, Eric Miller, previously of Bay Kitchen Bar, brings his passion for Mexican cuisine and the East End with the help of his partners, Adam Miller, who is behind the innovative bar program, and Marc Miller, who handles operations. The team at Rita Cantina welcomes both locals and visitors alike for modern Mexican cuisine that aims to showcase a bounty of fresh, locally sourced

ingredients.

“We are thrilled to be opening Rita Cantina,” said Chef and Owner Eric Miller. “We look forward to sharing our interpretation of modern Mexican cuisine with the Springs community, celebrating the fresh ingredients and local purveyors we’ve worked closely with over the years. Rita Cantina will be a place for everyone, where guests can enjoy a taco or two, or a full spread of high-end dishes and killer cocktails.”

Rita Cantina’s menu celebrates Mexican cuisine through a local lens, utilizing all the ingredients that swim, graze, and grow in Gardiner’s Bay and the surrounding area. Chef

Miller’s more than three decades of fine dining experience established him as a pioneering proponent of the Slow Food, dock-to-dish, and farm-to-table movements and an advocate of local fishmongers, diggers, producers, and farmers.

At Rita Cantina, he applies his passion for grilling and slow cooking to new flavor profiles. The menu features a range of ceviches, tacos, quesadillas, slow-cooked birria, and large plates made from fresh, locally sourced ingredients from East End purveyors like Satur Farms, Multi Aquaculture System, and Gosman’s Dock, along with many independent local fishers.

# Fresno Beer Garden

Fresno in East Hampton has converted its parking area and patio into an outdoor beer garden complete with space heaters, sanitized loaner blankets, and more.

The beer garden will open for the season on Thursday, June 3, and reservations are strongly recommended. In addition to the outdoor area, the res-

taurant has also installed H13 True Hepa Air Purifiers throughout the restaurant which filter the air in the dining room every 12 minutes.

Curbside pickup is also available and orders can be placed by calling the restaurant directly. The restaurant is currently open Thursday through Tuesday beginning at 5 PM, and is



closed on Wednesday. Nightly specials are available every day the restaurant is open.



# Oceans & Marine Life

*By Susan Rockefeller*

When James Lane Post asked me to write a series of guest articles on caring for our planet, I was delighted. For most of my life I've been connected to the natural world and have focused on protecting it, conserving the lands and waters on which all life depends.

My memories of the East End begin in childhood, memories of digging holes in the sand, running to the water's edge to fill buckets for dripping sand castles and watching the miracle of the sun, rising and setting in what felt like a never-ending day of shells, salt, and sea. I have loved the East End, our coastal towns, and its richness of ocean and community. As a beauty hunter and an artist who sketches, photographs, films and paints, and a beauty hunter, I've remained drawn to the silence, space, color and natural light of the East End.

And as many people are slowly emerging from the pandemic, I can visualize the return to summer on our shores and the endless possibilities of time with family, friends and new connections made at the water's edge.

But as we all know, the oceans are at risk with the dual threats of accelerated climate change, overuse of precious resources, especially fresh water, and plastic pollution which threatens our lands and seas. With my husband, David, I sit on the board of Oceana, because we both love our oceans and all the joy they bring to our lives from sailing, swimming to dining from its bounty and the need to protect them. Our oceans cover 70 percent of our planet, produce at least half of the earth's oxygen, and are the main source of protein for more than a billion of us around the world.

Forty million people, including many of the poor and most vulnerable, depend on the seas for their livelihood. But the world's oceans are steadily becoming more acidic and less hos-

pitable to life. Rising ocean temperatures mean damaged marine ecosystems and threatened food security. Acidification — which is linked to carbon emissions — undermines coral reefs and disrupts the ability of plankton, pteropods, and crustaceans to make calcium-strong shells for protection and growth. These challenges are compounded by ocean plastic pollution — 15 million tons each year, the equivalent of about two garbage trucks' worth of plastic — that enter our oceans every single minute. It is estimated that by 2040 we will have more plastic in the ocean than fish.

In honor of the upcoming World Ocean Day on June 8 let's create a movement of resilience for our oceans. Join me in supporting local organizations such as the South Fork History Museum & Nature Center which trains next generation stewards to guard our oceans in keeping it clean and green. We on the East End need to bring awareness to water use, conservation and retooling septic tanks to prevent leakage that causes prolonged algae blooms, leaving vast "dead zones," in which no fish or sea life can survive. We need to garden without chemical inputs which carry loads of pollutants. We can keep our East End vibrant, beautiful, and bountiful if we all take steps to care for it in our daily lives.

Innovation and technology will also be key. Companies like

Biossance, use clean synthetics like "Squalane," a plant-derived additive that increases the spreadability and absorption of cosmetics such as skin care, makeup, hair, body, and nail products, in place of Squalene, traditionally harvested from shark livers, at a terrible environmental cost. Oceana teamed up with Google and Sky truth to develop Global Fishing Watch which works in almost real time to track ocean vessel activity and help curb illegal fishing.

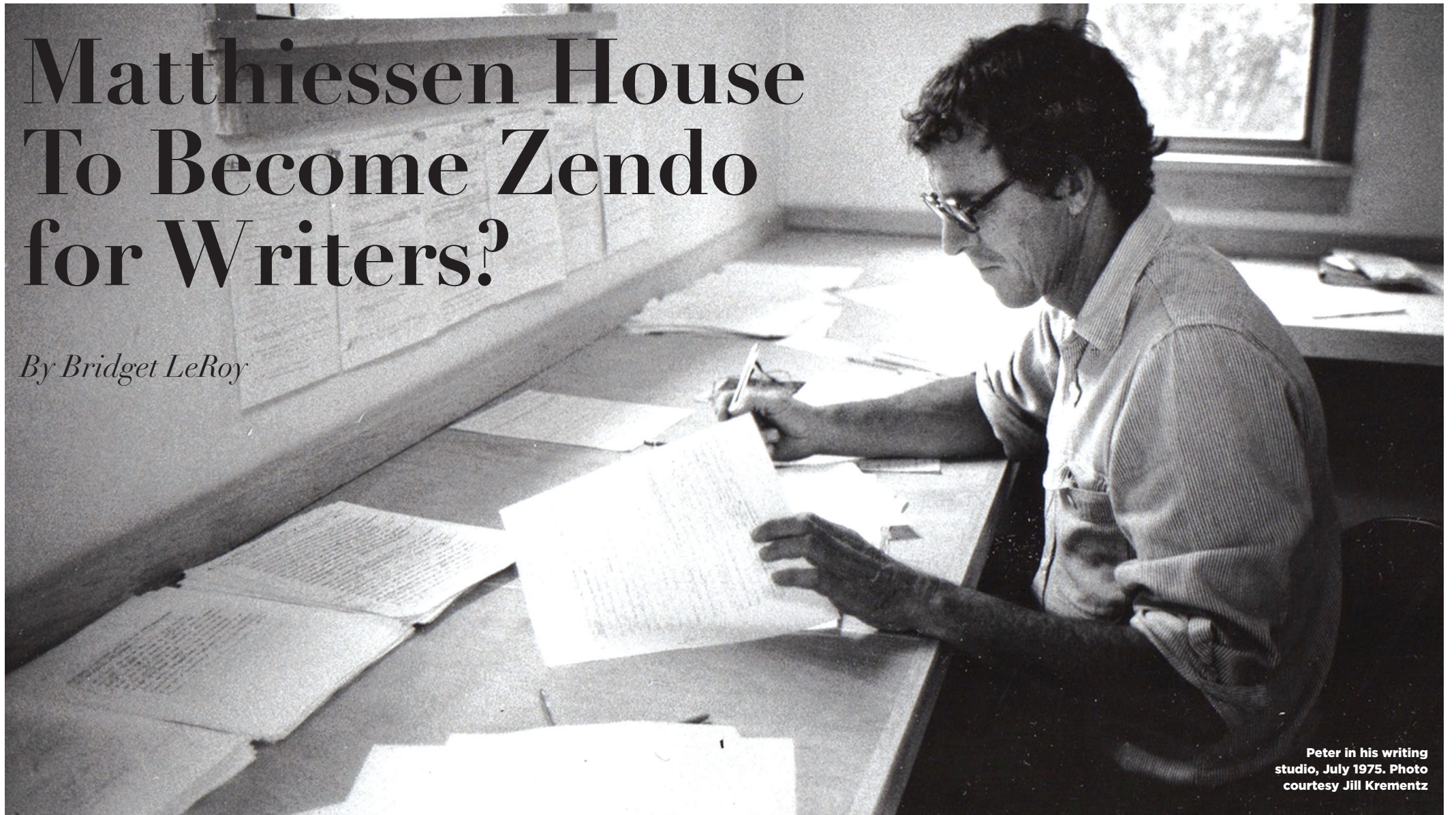
We need to save the oceans, feed the world and break free from our dependence on single use plastic consumer products which are both convenient and, quietly catastrophic, such as clam shell food service containers, coffee cups, lids, straws, and stirrers. We need to support Dock to Dish, which provides safe and certified wild seafood, and local fisherman and farmers. We all need to make waves by joining Oceana and becoming a wave maker, to uplift millions of voices who care about our oceans and want to protect them.

I live by the mantra to, "Protect what is precious." We all need to ask ourselves, how can we be role models for generations to come? What is the legacy that we want to leave? We can start by protecting the places we love like the East End and doing our part to keep our oceans healthy, clean, and bountiful for now and for generations to come.



# Matthiessen House To Become Zendo for Writers?

*By Bridget LeRoy*



Peter in his writing studio, July 1975. Photo courtesy Jill Krementz

Chop wood. Carry water. Write books.

Peter Matthiessen, who lived in Sagaponack, was known globally as the founder of The Paris Review as well as the only author to ever win the National Book Award for both fiction with "Shadow Country" and nonfiction for "The Snow Leopard." And locally, he will always be remembered for his book "Men's Lives," which chronicled the dying way of life of the baymen and spun a net of such beauty that it was cast into a play by Joe Pintauro, the premiere production of the Bay Street Theater in 1992.

Matthiessen also had a deeply spiritual side — he was a Zen master who welcomed others both to his home and on world-wide meditation travels.

Now a group of local writers, philanthropists, preservationists, and Zen students are working to preserve the former property of the American writer, naturalist, indigenous rights advocate, and Zen "Muryo Roshi." The 3.3-acre property consists of Matthiessen's house, his writing studio, and meditation center, located on Bridge Lane in Sagaponack.

The group, which includes Quail Hill's Scott Chaskey and Matthiessen's son, Alex, also an environmentalist, has been working to preserve this piece of the East End's cultural legacy by acquiring the property where the writer lived and worked for 55 years.

The ultimate goal, according to a press release, is the creation of an institute that encourages the greater public to learn from Matthiessen's lifelong commitment to literature, spiritual practice, and social and environmental activism. The Peter Matthiessen

Center is working with the current owner of the property, the Peconic Land Trust, Preservation Long Island, Sagaponack Village, and the Town of Southampton to acquire, protect, restore, and repurpose this historic property to ensure it becomes a site for the greater East End community.

"We've been in conversation with the town," said Daniela Kronemeyer of the Peter Matthiessen Center project, "and in this moment with the East End going through such massive changes, we're looking to safeguard our heritage. And 'Men's Lives' was a story of the history of this area, including the indigenous people."

In addition to founding The Paris Review in 1953, Matthiessen wrote more than 30 books during his six-decade career. He is the only author to win The National Book Award for both nonfiction ("The Snow Leopard") and fiction ("Shadow Country").

Matthiessen was one of the first of the many writers and artists who discovered the beauty of the Hamptons and called it home, paving the way for the cultural center the Hamptons has become today.

"A century ago the East End of Long Island became a mecca for artists and writers who found — in the light, farm fields, and working class values — an inspiring place to create their art, and, in turn, contribute substantially to the local culture," said Alex Matthiessen. "Yet, in recent years that artistic spirit and community has been a bit drowned out by a much more material culture, symbolized by expensive cars, manicured lawns and oversized (and often empty) houses. The Peter Matthiessen Center would be an antidote to all that — a way to help restore that artistic and creative spirit and preserve the cultural heritage of Long Island."

In the first phase of an initial fundraising campaign, the PMC was able to raise money to hire a project coordinator, work with a conservation planner, host a successful fundraising event at the Southampton Arts Center, and establish a virtual presence for the community in the form of online readings and events featuring acclaimed naturalists, writers, and scholars.

"Right now the property is empty — the buildings are intact but no one lives there," said Kronemeyer. The buildings will need restoration "to get the place up and running."

The Ocean Zendo has continued to meet since Matthiessen's death in 2014 — first at the Unitarian Universalist Church in Bridgehampton, and more recently, during the pandemic, on Zoom. Although not affiliated with the PMC, many of the teachers were trained under Matthiessen and practiced with him back in the day.

As far as writers seeking — as Matthiessen did a walk "down to the ocean for a breath of fresh air" — a place where they can work and find peace, Kronemeyer anticipates that the Center will be able to accommodate a maximum of six writers at a time.

"We would like to encourage people to visit our website to learn more," she said. "We have a spring fundraising campaign which launched on May 22 — Peter's birthday — which will feature a selection of meaningful auction items donated by artists and writers in the community, running through the middle of June."

More information can be found at [matthiessencenter.org](http://matthiessencenter.org) or by emailing [info@matthiessencenter.org](mailto:info@matthiessencenter.org).



# We Gave What

## Danielle Bernstein talks her give-back initiative

By Jessica Mackin-Cipro

Instagram sensation, author, fashion designer, and all around entrepreneur Danielle Bernstein of @WeWoreWhat wears many, many hats. Over the past year, she’s made a great impact on countless lives by engaging her 2.6 million followers to take part in the philanthropic arm of WeWoreWhat — WeGaveWhat. The iniative started at the beginning of the Covid-19 pandemic. Together, with her community, she has supported numerous charitable initiatives and has raised awareness for many small businesses. We caught up with Bernstein to learn more.

### What inspired you to start WeGaveWhat?

When the pandemic started, I felt a responsibility to use the platform I had built over the past ten years to help others. I opened up my platform to ask my followers how I could help, and also called on my followers to help others. The WeWoreWhat community came together in such a powerful way in those first few months. Every time I posted a small business and told their story, hundreds of people would go to support it. When I shared an initiative that needed support, the community would also show up. Together we were able to keep dozens of small businesses afloat and donate tens of thousands of dollars to food banks, hospitals, frontline workers who needed it most. I saw how powerful our community was at making an impact and knew I wanted to continue this work beyond the pandemic.

I connected with one of my followers, Alex Bushman, who worked for one of the first small businesses I had supported — Eat Offbeat, a refugee and immigrant led catering company. Together we had the idea to build out this new arm of my brand, WeGaveWhat, where I could grow and scale these social impact initiatives even once Covid was over.

### Which WeGaveWhat projects are you most proud of accomplishing over the past year?

There are so many initiatives we’ve worked on that I’m proud of — it’s hard to decide! But I think what has been the most rewarding is being able to use my brands (ShopWeWoreWhat and Danielle Bernstein) to amplify the work we do on WeGaveWhat. We’ve been able to tie a giveback



initiative into almost every launch since the pandemic. It’s been amazing to use these launches to support a diverse range of causes — from \$5,000 to STOP AAPI HATE, to one million miles for reuniting refugees/migrants with their families, to advocating for LGBTQ rights through the Ali Forney Center for LGBTQ and so on.

I’m also so proud of our two Showfields pop-ups that have given thirty small businesses an opportunity to showcase their products and stories in the heart of SoHo for free. This is the first retail experience for the majority of them and to get to know them and be able to support them in this way has been so special.

### How did the Covid-19 pandemic, and all that has happened over the past year, change the way you do business and give back?

Everything that has happened this year has made it abundantly clear to me (and hopefully to all other business owners) that social impact must be at the core of all brands. Mission-driven brands can create so much positive change in this world. We as business owners owe it to our customers and our communities to make this a priority, not an after-thought.

### Through WeGaveWhat you

### support many small businesses. Are there any success stories that stick out?

We love all of our WeGaveWhat small businesses so much! It’s such a diverse and inspiring group of founders and each one has an incredible story and product. A few success stories that stand out are Mila + Me, Lunika, and Shop Dana Scott.

Mila + Me is one of the first small businesses I connected with during Covid. It’s a tie-dye company founded by a Latina mom, inspired by her daughter, Camila. Camila was born right before the pandemic and had health complications. Thank god, Mila is now the healthiest and most adorable baby, but her mom (Melissa) started her small business during Covid as a way for her and Mila to bring joy, color, and comfort into people’s worlds during an otherwise dark and scary time. Mila + Me was part of our first Showfields curation, and I got to meet Melissa and Mila in person when they came and visited the store! It was so amazing that Camila’s first trip to New York City was to see their clothes in SoHo!

Lunika is another small business that was part of our first Showfields curation. The owner, Francesca, started her small business after being in a super serious car accident where she

was hit head on by a drunk driver. Francesca lost some of her vision and was unable to keep her job, so she began making jewelry with her mom as a way to heal. Francesca is such a beautiful soul and told us that because of the attention she got from WeGaveWhat, Revolve approached her to be sold on their site!

Lastly, Shop Dana Scott is one of our small businesses that we were able to collaborate with on our WeGaveWhat merchandise (our first ever collab)! Dana Scott is a Black-owned business that I also connected with early on. Dana moved to LA seven years ago with little to nothing and slept on a couch for nine months, while she worked her way through three different part time jobs until she was finally ready to start her own business. Dana shared with us that the traction she got from WeGaveWhat helped her get enough business to leave her other jobs and pursue her small business full time!

### When you’re on the East End, are there any small businesses or non-profits that you like to support?

One of my favorite small businesses to support Out East is my good friend’s store, Wyld Blue. She has the best, curated pieces! I love going to Crows Nest for dinner and drinks, and then Balsam Farms during the day, to name a few!

# James Lane

POST

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## Editor’s Letter

We can’t express the excitement we have for this upcoming summer and this latest issue of James Lane Post. We hope you enjoy the features on our pages.

On Memorial Day we honor those who have died while serving this country. We also want to continue to honor everyone who has made it through the last year with kindness in their hearts for their neighbors.

As we head into Memorial Day weekend, we do so with a little more normalcy than last year — and for that we are grateful. We hope to have learned from the past, proceed with caution, care for the people around us, and create a more inclusive and compassionate world, while never forgetting the heaviness we’ve just encountered.

In other words, we’re forever hopeful and looking forward to better times. Here’s to summer 2021. Here’s to the roaring ’20s.

Sincerely,  
Jessica Mackin-Cipro  
Editor, James Lane Post





# Feeding Long Island

## Emergency food distribution at Long Island Cares

By Jessica Mackin-Cipro

It’s been a little over a year since the Long Island Cares Harry Chapin Regional Food Bank satellite emergency food distribution center in Hampton Bays began serving the East End.

Prior to the opening, the team had plans to celebrate with a big ribbon cutting in the parking lot, along with a band performing and community members in attendance, marking the opening of the latest satellite location on Long Island. Then Covid-19 hit. Not only were plans halted, but also food insecurity on the East End increased in a way no one could have ever imagined.

Many of the residents on the East End who work in seasonal positions and industries like hospitality, agricultural, and trade, were negatively impacted by the Covid-19 pandemic, and suffered furloughs, layoffs, and job losses.

“In the last year I’ve seen firsthand how the pandemic has affected so many people on this Island and especially on the East End,” said Liliane Leonardo, the program coordinator for Hampton Bays. “With job losses, school closings, and sickness affecting so many people, our clients tell me often how thankful they are that we opened during such unprecedented times.”

Long Island Cares, founded by the late Harry Chapin, brings together all available resources for the benefit of the hungry and food insecure on Long Island. The goal is to improve food security for families, sponsor

programs that help families achieve self-sufficiency, and educate the general public about the causes and consequences of hunger on Long Island.

“We have volunteers who come in on a regular basis to help serve the public,” said Paule Pachter, the CEO of Long Island Cares. Those who need, receive everything from emergency items to fresh produce — bread, personal care products, chicken, milk, and diapers. The center also features a First Stop Triage Pantry and Baxter’s Pet Pantry.

The food bank’s set up is similar to the aisles of a grocery store. “When it’s not Covid, people can come in, they can walk the aisle, they choose whatever food they want,” said Pachter.

On Tuesdays the satellites are open only to veterans, military personnel, and their families, as part of a program that was started 10 years ago.

“We’re really pleased with Hampton Bays and what we’ve been able to create here,” said Pachter.

According to Pachter, it was estimated that there were 259,000 food insecure people on Long Island prior to the pandemic. “We’ve seen an additional 280,000 people who’ve turned to Long Island Cares,” he said.

“At the height of the pandemic, we were seeing maybe 15,000 new people a month,” said Pachter. “Now we’re seeing about 5,000 new people a month. So I anticipate that by the end of the summer, we’ll be back to where we were, pre-Covid.”

Harry Chapin founded the organiza-



Photos by Jessica Mackin-Cipro

tion 41 years ago, a year before he died. His focus, said Pachter, “was really to look at the root causes of hunger.”

Looking at that root cause, in many cases, food insecurity comes from unemployment, underemployment, immigration, and illness. “And that’s what he wanted us to focus on. So in addition to providing emergency food for people in need, we provide career counseling for veterans and for single headed households, we provide job placement for the same population. We have placed over 255 veterans in employment in the last five years.”

A small team may run the satellite, but it takes a village to do what they do.

“All of our volunteers that give time and talent at the satellite programs live in the community that the satellite program exists,” said Pachter. “They also donate food on a regular basis. Some people write checks, but, the community has really embraced the idea of Long Island Cares.”

Along with donations from the community and beyond, Bank of America has been vital in creating the satellite center. A \$500,000 grant from Bank of America was awarded in January 2020 to help establish the Hampton Bays location.

Long Island Cares also helps supply smaller agencies within the community who are also providing food.



“I think the agencies that we work with on the East End are pleased that we’re here,” said Pachter. “We were able to provide them with extra support during Covid, which was important because they did see significant spikes.”

Long Island Cares has been operating in emergency response mode since the onset of the pandemic, and they continue to do so given the 66 percent increase in food insecurity seen on Long Island since the start of the pandemic. Last year the foundation cancelled all special events so that staff and volunteers could respond to the emergency food needs.

“It’s time to recognize and celebrate all that we’ve accomplished during the past fourteen months including commemorating our 40th Anniversary,” said Pachter.

The Harry Chapin Food Bank will host its first virtual fundraising event on Wednesday, June 2, from 6 to 7 PM. The hour-long event will include a three-course dinner provided by Lessing’s Hospitality Group, as well as party boxes delivered right to your door. Feeding America’s CEO, Claire Babineaux-Fontenot will give opening remarks. Tickets start at \$35.

# Son Of The South

## Bob Zellner talks 60th anniversary of Freedom Rides



Bob Zellner, Ernest Rip Patton, Catherine Burks-Brooks, Dr. Bernard Lafayette. Photo by J.R. Thomason / SAA, Authentic Diversity

based on the memoir “The Wrong Side of Murder Creek” by activist and East End resident Bob Zellner. The story follows the life of Zellner, the grandson of a Klansman, as he decides to become involved in the civil rights movement.

“Commemorating the 60th anniversary of the arrival of the freedom riders in Montgomery is important because by the time the Freedom Bus arrived in Montgomery, the whole world was watching,” said Zellner.

“Ku Klux Klansmen were filmed holding the exit doors shut, trying to kill everyone on the bus,” he continued.

Freedom Rides 60th is the largest event hosted by the “Son of The South” team to date. The museum is located in the historic Greyhound bus station where the student Freedom Riders arrived in Montgomery on May 20, 1961 and were attacked by a mob.

“These were my fellow white Southerners who thought they were justified in wanting to burn people and kill them for wanting to register to vote or to eat at a lunch counter or ride together on a

bus, in an integrated way. And we were amazed that these buses could be met in that way,” said Zellner.

“We are all in one world, we’re all human beings, we all come from the same source ... most of us have the same desires: to lead a meaningful life, to have a purpose, and [to live] the pursuit of happiness,” said Brown.

In-person speakers included Zellner and Brown as well as Freedom Riders Dr. Bernard Lafayette, Jim Zwerg, Catherine Burks-Brooks, and Ernest Rip Patton. Activist Valda Montgomery spoke and there was a remote readings by actors including Lucas Till, Dexter Darden, Mike Manning, Laurissa Romain, and Matt Knowles. Karita Law performed popular songs from the civil rights movement and Sag Harbor local Princess Angelique Monet awarded Brown and Zellner with Lifetime Achievement Awards from Monet’s organization New Generation In Action’s AFI World Peace Initiative that is supported by the United Nations and partnership.

# Voices of Youth



OLA of Eastern Long Island commissioned a short film from Sag Harbor resident and college student, Allura Leggard on the topic of mental health access for adolescents. The film “Voices of Youth” brings to life quotes from East End students about the need for better mental health access.

“All quotes are directly from the recent survey we created for 12 to 29-year-olds asking about their middle and high school mental health challenges,” said Minerva Perez, OLA’s Executive Director. “We were so moved by the honesty and urgency, we wanted to share this in the most compelling way possible.”

Local actors filmed each segment from their own homes and then Allura Leggard directed and edited them together. The film is seven minutes long and is available on OLA’s YouTube Channel.

“This work is powerful and I’m so proud to be able to be part of this,” said local community member and actor, Jessenia Morales.

“Thank you OLA for creating this initiative and I’m very happy I was able to participate,” said Valeria Lemus, local community member and actor.

“OLA is engaged in several initiatives related to emotional health access including serving as East End Provider of Project Help, NY State emotional support offering. OLA will be introducing a ‘Just Text’ campaign to encourage youth to reach out for support if they feel they have no other alternatives. Our team is trained to support,” said Perez.





# Rosé For Every Play

Rosé season is upon us. So we’ve made it our mission to do our homework (it’s a hard job but somebody’s got to do it), and select a few of our favorite bottles (and cans, and bags), perfect for summer 2021. From the tried and true, to some that are new to market — there’s a rosé for everyone and every occasion.

## The Mainstay: Wölffer Estate Vineyard's Summer In A Bottle

It’s the rosé that started it all — really becoming a nationwide leader, right from the heart of the Hamptons. This beautiful bottle is always at the top of our list. (\$26)

## For The Boat: Maivino Rosé

No glass required with this fancy bagged wine that comes from Columbia Valley in Washington. It’s packaged airtight to stay fresh for 30 days after opening. (\$54 for two pouches)

## The Classic: Whispering Angel

We just love this Provence rosé made from Grenache, Cinsault, and Rolle. It’s bone dry and has a smooth finish. Perfect for day or night. (\$22)

## The Low Calorie: Rosé Water

We sampled this canned rosé spritzer and it’s fantastic. Produced in Bordeaux, France, this beverage has zero sugar and 69 calories. Only catch, it won’t be available in New York until later this summer. Stay tuned!

## The Crowd Pleaser: Out East Rosé

Straight from Provence to our wine glasses Out East, this rosé includes Grenache and Cinsault varietals, giving it freshness and vitality. (\$25)

## Good Value: Mionetto Prosecco Rosé

It’s one of the first Prosecco rosés to ever hit the US market following the approval by the Prosecco DOC Consortium in May 2021. The wine offers a lightness and elegance. (\$15)

## The Celebration: Veuve Clicquot Champagne Brut Rosé

Madame Clicquot invented the first known blended rosé champagne in 1818. And we thank you, Madame Clicquot! (\$70)



# SoulCycle X Provisions

## New menu supports a strong immune system

By Nicole Teitler

Food and fitness go hand-in-hand to maintain a healthy lifestyle, and no one knows that better than Laurie Cole, founding Senior Master Instructor at SoulCycle, and Chef Eric Miller of Provisions Water Mill. The two have partnered up to create a limited edition, all vegan menu, available to the public all summer long beginning Memorial Day weekend.

“I met Laurie, as she is an avid fan of Provisions. Laurie wanted a few items that reflected her personal ethos on health and wellness, and we worked together to create these three, healthful items to include on our menu,” said Miller. The Vegan Menu items include The Recovery Juice (fresh ginger, turmeric, and lemon, with organic celery and kale leaf); Vegan Open Faced

Sandwich (vegan cheddar cheese, vine ripe tomato, alfalfa sprouts, pickled banana peppers, and avocado on Ezekiel bread with a vegan mayo and balsamic drizzle); and The Revitalize Vegan Salad (kale and romaine, red quinoa, avocado, jalapeño, chia seeds, hummus and confit tomato).

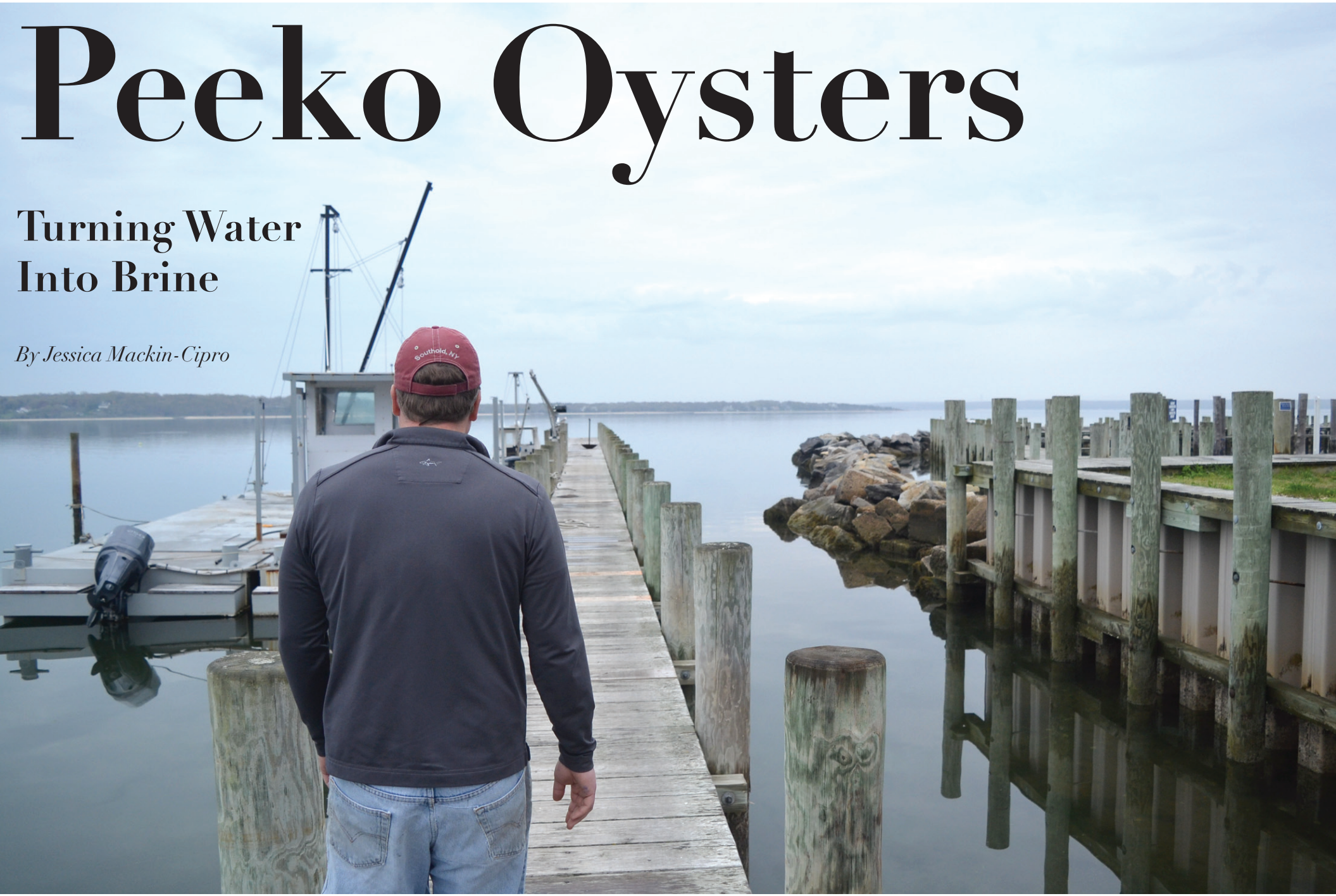
Miller continued, “SoulCycle Water Mill and Provisions Water Mill are located just doors down from one

another and we’re excited for this opportunity to engage with both sets of customers and guests.” When Provisions Natural Food Market opened a second location in Water Mill at the end of 2019, it was an instant success. Not only based on its popularity in Sag Harbor, but because of its SoulCycle studio neighbor. After a vigorous workout that depletes energy levels, healthy food

options satisfy hunger while also refueling the body. Provisions caters to just that, as it provides easy meals to enjoy on site or on the go. Cole has been a Provisions patron ever since she started coming to the area 15 years ago. As a vegetarian since the age of nine, “and mostly vegan the last couple of years,” she has tapped into offering menu items that satisfy individual’s dietary needs, maintain flavor, and introduce her go-to meals. “Post-workout, I typically like to eat within 60 to 75 minutes to ensure I get enough fats and complex carbohydrates to keep me going. The sandwich and salad on the vegan menu at Provisions really are my ideal post-workout meal,” Cole explained. The Vegan Menu items will only be offered at the Water Mill location, catering to the area’s existing SoulCycle clientele. Cole continued, “I discovered the value of eating healthy but also eating clean. Through the pandemic we have all witnessed the benefits of wellness within not only our body, but our state of mind. The menu items I worked on with Chef Eric at Provisions are made with organically sourced ingredients that support a strong immune system and active recovery.”







# Peeko Oysters

## Turning Water Into Brine

By Jessica Mackin-Cipro

In 2016 Peter Stein traded “desks for docks,” saying good-bye to a corporate job, and forming Peeko Oysters — an oyster farm located on Little Peconic Bay. He converted a New Suffolk building, that was previously an out-board motor repair and bait and tackle shop, into a facility for processing oysters.

“A bad day on the water is better than a good day at the office,” said Stein during a tour of the Peeko Oysters facility.

Stein grew up in Westchester, and his parents purchased a beach house in East Marion in 1972. “My wife jokes, and she’s probably correct, that I learned to fish before I could walk,” said Stein. “I love being on the water. I love being in this area. I love being on the North Fork.”

Stein supplies his oysters to some of the finest restaurants in New York: Le Bilboquet, Gramercy Tavern, La Bernardin, and The Halyard to name a few. When the pandemic hit, like so many, he had to shift his business model overnight.

When Covid-19 hit, “ninety-nine plus percent of our oysters were going to market through restaurants,” said Stein. “March 12 of last year, I remember it very, very well. Every restaurant contacted me, like ‘Do not deliver here — our doors are shutting.’ I was having a heart attack.”

But pivot he did. Leaning on friends and family members to make introductions and share on social media channels, he started doing door-to-door deliveries in his truck.

He partnered Good Food in Mattituck and drove around with coolers making deliveries. He even took truckloads into the city, delivering two-dozen oysters at a time. “I was working 12 to 18 hour days, seven days a week consistently,” he recalled. “It got us through.” Overall he describes the experience as “grueling

and awful and also great experience at the same time.”

This summer, as Covid regulations lift, as restaurants being to open at normal capacity, he will merge the new business model with the old, adding to his thriving business as a restaurant purveyor. Peeko Oysters plans to give tours of its facility, offer sunset cruises, shucking lessons and urges visitors to stop by — by land or by sea — to shuck oysters.

In April, the team at Peeko were sending between 10,000 to 15,000 oysters to market each week. Come Memorial Day they expect that number to grow to 20,000 to 25,000 oysters each week, conservatively.

He wants visitors to be able to say, “Hey, I’m going to go boat across the bay, tie up at this dock and just eat some oysters.”

His plan is to have guests enjoy oysters on the facility’s patio, which overlooks Robins Island and North Sea. “You’re welcome to shuck some oysters and enjoy the views, grab a dozen and come back and grab a dozen more.”

The process of oyster farming is fascinating to any aquaculture enthusiast or admirer.

On a barge that sits at Peeko’s dock is a dip tank. “There’s a sponge that affects oysters called a boring sponge . . . it affects where the hinge of the oyster kind of just crumbles as you start to shuck it,” Stein explained. “One of the ways that we can combat that sponge is by dipping the oysters into a brine solution.” The high salinity water will kill the sponge, but not the oyster.

Stein said that his aim when selling to restaurants is, if “you’re buying a bag of 100 oysters, you’re going to be able to put a hundred oysters on plates.”

Oyster cages fill the docks and the barge. And Peeko has about a hundred cages in the water right now.



Photos by Jessica Mackin-Cipro

“People like the analogy to an oyster hotel or an oyster condominium,” he described of the cages where the oysters grow in the water. The trays aren’t stacked to the brim, leaving room for the oysters to breathe and grow. “You have to make sure they have enough room to breathe and you can’t stock them too heavily.”

As the oysters grow they upgrade to larger cages. All while filtering the water around them.

Peeko offers sunset cruises on a 33-foot sport fishing boat. The evening includes a 15 minute tour of the facility followed by the cruise where guests learn more about oyster farming.

“It’s like bottomless oysters and beer and wine and cheese and veggies all locally sourced,” said Stein. Tours, which last a little over two hours, happen on Tuesday and Wednesdays. So far it’s all been word of mouth.

To learn more about Peeko Oysters, visit [www.peekooysters.com](http://www.peekooysters.com).



# La Fin

## Dining in Seaside Setting

Overlooking Montauk Harbor, La Fin Kitchen & Lounge is an all-day dining destination offering French-inspired cuisine in a refined, relaxed coastal setting.

Inspired by the seaside destinations of St. Barth’s and St. Tropez, and embracing Montauk’s unspoiled beauty, La Fin is a gathering spot for guests to lounge, drink, and dine, enjoying farm-to-table cuisine that highlights

seasonal ingredients, delicate home-grown herbs, sustainably caught fish, and responsibly sourced meats.

Executive chef James Tchinnis’ menu draws from his French training and extensive experience at some of the top restaurants in New York City, including Le Cirque, The Grand Havana Room, and Osteria del Circo.

Try dishes like fluke crudo with blood orange, radish, tomato, and chili oil.



Photo by Doug Young



# Aging & Raging

By Tracey Toomey McQuade

Last month, one of my best friends visited the East End from LA. We were so excited to reunite after Covid that we went a little overboard. We sipped grower champagne, did a vertical tasting of white burgundy and savored an effervescent rosé from the Basque region. We paired all this with cheese from Cavaniola’s that was marbled with truffles and lots of crackers, olives, and cornichons. I drank more alcohol in one sitting than I have in years. It was all so fun ... until it wasn’t. I woke up in the middle of the night with a throbbing headache, heart palpitations, and crushing anxiety. As I laid in bed, I painfully examined every dumb decision I’d ever made in my life. I got up several times to make sure both of my children were breathing. I chastised myself for being an awful mother, a terrible writer and all-around repugnant human being who never responds to emails on time. It was one of the longest nights of my life. The next morning was only marginally better.

When did I become someone who couldn’t handle a few — okay several — glasses of wine without shattering into a million pieces? I can remember many a Hamptons weekend a couple of years - okay maybe decades - ago when I could guzzle wine and wake up feeling careless and free

- ready to go for a long run in the woods of Amagansett and then hit the beach. In fact, many of my fondest Hamptons memories — whether dancing on tables at the Star Room, singing along to Nancy Atlas at the Talkhouse, or watching the sun set at East Hampton Point or Navy Beach — involve a libation of some sort.

As we emerge from over a year of social isolation, is it possible to socialize and imbibe freely without crippling anxiety the next day? What if you’re newly in your 40s or have surpassed that mile-marker? Can we have a healthy-(ish) relationship with alcohol as we get older? Can we age ... and still rage?

I turned to some experts to help me navigate a summer where rosé poolside feels like a perfectly acceptable breakfast beverage, and it’s easy to get swept away in the cocktail current.

“Overall, physiologically, we just become more sensitive to alcohol and its effects as we age,” said Alexa Fishback, MS RD. “In our twenties, our bodies are efficient at breaking down alcohol. A night of drinking is easy (enough) to recover from. However, as we age — it takes longer to break down alcohol in the body, so it stays in the bloodstream longer — causing a more pronounced hangover. The reasons are dynamic — from changes in your body composition (less lean



muscle, more fat), changes in liver function, and changes in brain sensitivity. Also many Americans take medication as they age, which doesn’t mix with a night of imbibing.”

Alexa recommends eating three healthy, wholesome meals on a “drinking day” - each with a bit of fat, protein, and fiber to slow alcohol absorption. “Think Greek yogurt layered with nuts and berries for breakfast, salad with double protein — chickpeas and grilled chicken with some good fat from avocado and olive oil vinaigrette for lunch, and salmon and lentils for dinner.”

Okay, so cheese with crackers and olives is not on her list of wholesome meals. Noted.

Another tip from Alexa’s arsenal? “Make a plan and stick to it,” she advises. “Decide to enjoy one to two alcoholic beverages guilt-free and then move to Pellegrino with lime thereafter. Also, drink a full glass of water for every alcoholic beverage you consume, alternating as you go.”

I love this, because it allows for some guilt-free sipping. My problem with this, is once I’ve had the

two guilt-free glasses of wine, I have trouble remembering why I thought I needed a moderation plan in the first place! Many of us drink to turn off our minds. We don’t want to drink mindfully. But infusing our drinking with mindfulness — much like infusing tequila with jalapeño! — might help us wake up to the present moment and slow down. It can also help us recall the last time we overdid it ... and the excruciating morning that followed.

If you do over-imbibe, Alexa recommends dealing with the pain by rehydrating with water or even better some raw coconut water that has natural electrolytes. “Before you go to bed, you can try a ‘drinking vitamin,’” she says. “You really want electrolyte tablets for rehydration, taken with ample water. Also, before you go to bed, eat an apple or a banana — it helps.” She also advises sweating it out through exercise the day after.

Her final bit of advice? “Try socializing both ways — with and without alcohol — and be mindful of your relationship with drinking. Is it healthy to relax and giggle with friends — or are you overdoing it and making bad

decisions with bad consequences? It’s a relationship that needs managing as we age, and the do’s and don’t’s are different for every individual.”

As I grow older and realize I need to tap the breaks on my wine consumption, one thing I’ve loved is meeting friends during the week for brisk beach walks instead of cocktails. Walking, like alcohol, is a catalyst for conversation and disclosure. It’s a great way to catch up with a friend while getting outdoors, revving up your heart rate a bit and taking in the jaw-dropping beauty that surrounds us on the East End. That way, even if you stop for a glass of wine post-walk, you’ve reduced your time drinking and also done something good for your body.

Because ... the whole point of drinking with friends is to relax and enjoy ourselves, right? I don’t know about you, but soul-crushing anxiety isn’t on my Top Ten List of Enjoyable Mind States. I’m not saying I’m ready to trade in my rosé for Sprindrift, but I need to add some beach walks, electrolytes and a cap on my bar tab to my summer cocktail.

# Old Stove Pub’s Sushi Menu

Old Stove Pub in Sagaponack has launched a new sushi bar.

The sushi menu, crafted by Chef Brian Hartman, is offered in addition to the restaurant’s classic steakhouse dishes.

Chef Hartman has been working his way up the restaurant ladder since age 14 — soaking up knowledge in restaurants of many cuisines. Working in restaurant management and being a private chef, he also has always had a passion for sushi, Japanese culture, and the desire to learn from the best.

The chef trained under two different Master Sushi Chefs from different regions. The outcome is diverse sushi derived from traditional styles adapted to American culture. After opening four different sushi bars and restaurants, two as Executive Chef, he finds himself in the Hamptons at Old Stove Pub, working within the crossover concept of a prime steakhouse and sushi bar. Keep an eye out for rotating menus and exciting

Omakase offerings, inspired by the chef’s culinary experiences traveling in 36 countries.

The menu features a core set of dishes that will remain on the menu every day, and there will also be daily specials depending on what is fresh and what Hartman is inspired by each day.

A few of the menu items include the Tunachos, made with lean tuna, wonton chips, Kewpie mayo, togarashi spice, tosaka seaweed, pickled ginger, and scallion. A spicy tartare and avocado tower with Nikiri sauce is served with salmon, tuna, and hamachi.

A tuna and seaweed salad ‘Poke’ offers Hawaiian style cubed sashimi, cucumbers, chukka seaweed salad, and spicy sesame dressing. A sashimi platter includes tuna, hamachi, salmon, fluke, ebi, daikon radish, shiso leaf, wasabi, and pickled ginger.

Old Stove Pub has also reopened its heated tent for up to 75 guests, and has recently renovated its interior space. Visit [www.oldstovepub.com](http://www.oldstovepub.com).



# Springs Tavern — 1934 To Present

There’s a rich history to be found at The Springs Tavern — which has served as a tavern since 1934 — since the days it opened as The Jungle Inn by owner Pete Federico and his wife, Nina.

Fort Pond Boulevard was mostly undeveloped and Pete thought the surrounding area resembled a jungle. Locals began to call it Jungle Pete’s and later the name was changed. It was a time when a beer and a burger were just five cents each.

The original building burned to the ground in 1944 and was rebuilt into what stands today. At the time, patrons could find music and dancing until 3 AM.

“Music and the gathering of the local community, which had provided such a haven of comfort and entertainment for the families of those gone off to war in the forties, continued to be a big part of the tavern for many years,” stated a history of the Tavern on it’s current website.

It’s that same sense of local community that The Springs Tavern aims to provide today, which was opened in 2017 by Charlene and Dan DeSmet.

One of the most storied parts of the tavern’s history was in the 1940s and ‘50s when Jackson Pollock was a daily regular. It became a gathering spot for the growing artist and beatnik community. The current Springs Tavern logo even pays homage to “Jack the Dripper.”

“Jackson’s friends, and their friends, mixed freely and comfortably with the local baymen and ‘bubs,’ for the most part,” reads the site. Other artists, musicians and philosophers that frequented the bar included Willem de Kooning and Lee Krasner. While Howard Kanovitz and Larry Rivers played horns in the house band with composer Morty Feldman.

Over the past almost-century it’s gone by the name of Jungle Johnnie’s, Vinnie’s Place, the Boatswain, the Frigate, the Birches, Harry’s Hideaway, and, most recently, Wolfie’s.

And while the days of five cent



beer are long in the rearview, you can still order one for \$5, which is no easy thing to find on the East End.

Today, the restaurant creates tavern food done very well, all while holding on to the feel and history of days past. The building remains relatively

unchanged, while a patio with picnic tables has been added and historical images line the walls.

Fish & Chips is the perfect tavern food, and chef Fabian Rodriguez prepared the dish perfectly. The crispy panko crusted chicken sandwich was

perfectly breaded and nicely executed, served on a freshly baked brioche roll. The crispy shrimp salad was also a hit.

For dessert the restaurant serves Hanks Cheesecake from St Louis, and also recommended, the tres leches cake.





# Kiss & Tell

By Heather Buchanan

## Romance, Wherefore Art Thou?

Or in contemporary terms, Romance you sexy beast, why are you throwing shade at me?

I have always bristled at being called a hopeless romantic. Why can't it be hopeful romantic? It somehow puts us in the category of those who think unicorns are real, Jim Morrison is sitting on a beach in Bali, or the clip-your-nose-while-you-eat diet really works.

After all, my clawfoot bathtub is hot pink, my favorite wine is Chateau de Berne's rosé Romance, a silky nectar of peach and strawberry, I am addicted to Jo Malone red roses candles (enough flames to catch the attention of the Otter Hose Company), I will literally rub my body all over a night blooming jasmine, I dance under full moons, and I believe contrary to much of my experience that true love must be around the corner. Now I just need romance to cooperate.

I was contemplating this when my sister was cleaning out my mother's house and came across of number

of books and returned some to me. I asked her, "How did you know these were mine?" She then produced: "The Art of Courtly Love," "The Sixteen Pleasures," "Feng Shui For Love and Romance," "A Scholar's Glossary of Sex," "The English Gentleman's Mistress," "A Guide to Elegance" and "The Bunny Book: How to Walk, Talk, Tease, and Please like a Playboy Bunny" (which in fairness was one I received as a journalist for a book review but also has some very good tips.) Fair enough.

The definition of romance in Oxford's Dictionary is: a quality of feeling mystery, excitement and a remoteness from everyday life. I believe the key to romance is embedded in this definition.

Romance isn't ordinary or stationary or in your face. Romance sashays easily from purity to danger to staying within societal norms to stepping outside in the cover of consensual darkness without judgement. It thrives on dreams and fantasies and

whispers in the wind.

Romance is not about instant gratification — It's not the microwave popcorn of love.

Romance is your personal secret. According to the Art of Courtly Love, "When made public love rarely endures." In the time of knights it was advised not to sign a love letter or seal it with your personal stamp. Take the cue and maybe don't rush to put pictures of your date on Instagram or alert the world by changing your Facebook Status. Hold something back, hinted at only by the gleam in your eye.

The key to romance is leaving something to the imagination. In "A Guide to Elegance" the author advises "Don't believe that in order to be elegant you must dress with austerity like the saintly ladies of the Salvation Army. Dresses that mold the figure, when they merely suggest the forms they cover rather than expose them, can cause every head to turn in admiration."

Even the Playboy Bunnies who

have some seriously good "hands on" advice advocate for romance, "Whether you've been with a guy for five weeks or five years you should be flirting like you've still got butterflies."

You also need to think about what messages you are putting out into the universe. Feng Shui For Love & Romance points out, "If you live alone, you should ensure you use all the different seats in the living room and dining room. If you habitually use just one chair you are subconsciously sending out messages you do not want the other seats to be occupied."

If we want romance back, can we take a moment to be more remote from everyday life, to embrace the mystery and subtlety and create a hopeful, not hopeless space in our own minds for what could be.

Because as the "Art of Courtly Love" says, "No one should be deprived of love without the very best of reasons."

kissandtellbb@gmail.com

# My Hamptons Guide for Summer

By Norah Lawlor



Summer has arrived and New York has officially reopened. From decadent dining destinations, to the special events of the East End, the Hamptons are back in full force for summer 2021.

Out East you will find something for everyone. Food lovers can discover some of the best cuisine on Long Island starting at Union Sushi Steak. The restaurant has delectable sushi selections and sublime USDA prime steaks. There is also a new cocktail program to sample as you listen to great music all week long. In the same neighborhood T-Bar Southampton also highlights a spectacular establishment. Exquisite menu selections such as crispy Long Island duck, Yellowfin tuna tartare and black Angus porterhouse are simply divine.

Southampton's newest restaurant, Manna at Lobster Inn, features a full bar and lounge area with a water view. Menu options include lobster rolls, sushi and mollusks. And for more casual dining check out the The Coop in its new permanent home at Union Burger Bar. Restaurateurs Ian Duke and David Hilty scrumptious chicken pop-up has customers raving over their kitchen creations. And, while there, sit back and sip some amazing Union Burger Bar frozen drinks, elixirs, and new craft beer selections.

During the day if you are in the mood for a beach picnic turn to Claude's Restaurant for the chef's perfect takeaway baskets. Also, for more outdoor adventures sit on the deck at the Italian eatery Centro Trattoria & Bar. The summer breeze at the farm-to-fork Italian restaurant feels fantastic as you eat clams oreganata, fried Sicilian baby artichokes and Nonna's meatballs.

After the sun sets, head to hotspot Southampton Social Club for dining, drinks, and DJs spinning music. Enjoy an al fresco menu under the stars with food by Executive Chef Scott Kampf. Cabanas on the backyard lawn will have service highlighting a cocktail program with new tasty concoctions.

And, Hamptons events are just as much of an attraction as the food out east. Mark your calendars for author Leesa Rowland's book signing party at T-Bar Southampton. The Hatherleigh Press new motivational book "The Charisma Factor: Unlock the Secrets of Magnetic Charm and Personal Influence in Your Life" is all the buzz.

Plan ahead and get tickets for July 10 when Samuel Waxman Cancer Research Foundation will hold its 17th Annual Hamptons Happening. Celebrate research, health and wellness on a special night full of food and music, as well as congratulatory moments for participants in the first ever Global Walk to Flatten the Cancer Curve. Event committee member Maria Fishel and Kenneth Fishel will host the fundraiser on their estate in Bridgehampton.

Southampton Animal Shelter Foundation's annual Unconditional Love Gala on August 21 will benefit the community's animal shelter. Honorary board member, Jean Shafiroff, will help host the night of cocktails, dinner, and dancing.

Then the Prostate Cancer Foundation will hold its annual Hamptons gala to fund the next groundbreaking discoveries in cancer research on August 28. Founder Michael Milken will emcee the event at the Parrish Art Museum in Water Mill.



# The Vedic Perspective

By Amy Kalaczynski

## Choosing Happiness Over Suffering

The popular phrase of "no rain, no rainbow" may imply that we must suffer to feel happy. It also may imply that rain is bad. The Veda states that both are simply not true. In the modern world, we have come to accept the concept that suffering is a part of life. That if we do not know suffering, we will not know joy, but according to the Veda, suffering is a choice. Suffering only occurs when we resist what is happening in life. It is a sign that we

are unable or unwilling to move on and to flow with what God has given us.

Many people suffer because society, television, parents, friends, education, or religion send the message that things should be a certain way and if our lives are not going that way, we suffer. We are made to think that happiness is something we have to get or something we have to accomplish. However once we get the things we thought would make us happy, like buying that

house, launching a company, finding a partner, etc. (whatever our idea of happiness is), we realize that happiness cannot be found in these things. Happiness has been and always will be inside of us. It may have just been covered by a learned perspective.

In order to choose happiness over suffering, we must choose to live in the present moment and never speculate. When we do this, we realize that we are exactly who and what we

are meant to be. We do not have to change a thing. Things are happening in every given moment, not only for A reason, but for ALL reasons. Everything affects everything else. Without exception. We need rain just as much as we need rainbows. It is up to us to accept this. Once we accept this, we align ourselves with Nature, God, or a higher Self and we are able to notice the support we are given to choose happiness over suffering.



## Cute Pet Winner

James Lane Post, along with the Animal Rescue Fund of the Hamptons, held a cute pet contest on Instagram throughout the month of April. To celebrate National Pet Month this May, we have announced the winners.

Our team received so many wonderful submissions, each and every one of them cuter than the next. Drum roll please . . . the grand prize winner for Most Photogenic is Jessie.

Visit our website to see all of the winners.

## Shopping Event

Online fashion retailer Modatrova and fashion stylist Lisa Frohlich of Hamptons NY Style are hosting a one-day, exclusive summer shopping experience in the Hamptons on Tuesday, June 29, from 11 AM to 5 PM.

Founded by Caroline Barton, Modatrova is a platform to discover and shop the latest from the best female-founded emerging designers. Guests will have the opportunity to meet each designer in person and shop at a poolside setting in East Hampton.

The lineup includes fashion brands Alepel, Capello, Christy Lynn, Damaris Bailey, Factor Bermuda, Hedge, Joie DiGiovanni, Maxwell & Geraldine, MME, Renna, ReRe Jewelry, Sara Joy and Sold Out. Complimentary personal styling from Lisa Frohlich will be available at the event. RSVP to [rsvp@modatrova.com](mailto:rsvp@modatrova.com).

## Muses

Muses Neck Potion No. 9, an organic roll-on CBD topical, is the first creation of the Muses collection, founded by Susan Rockefeller.

In celebration of the product, enjoy the beauty of art, while sipping sparkling beverages and enjoying snacks at Julie Keyes Gallery in Sag Harbor on Saturday, June 12, from 1 to 3 PM.

Join Muses for food and a beverage at Montauk Beach House on Sunday, June 13, from 1 to 3 PM. RSVP to [amy@musingsmag.com](mailto:amy@musingsmag.com).

### Playlist: Beach Beats

By Christine Prydatko

Wouldn't It Be Nice - **The Beach Boys**  
Hotel California - **Eagles**  
Escape - **Rupert Holmes**  
It's Five O'Clock Somewhere - **Alan Jackson, Jimmy Buffett**  
Under the Boardwalk - **The Drifters**  
Sittin' On The Dock of the Bay - **Otis Redding**  
I Can See Clearly Now - **Johnny Nash**  
Kokomo - **The Beach Boys**  
Your Love Keeps Lifting Me Higher - **Jackie Wilson**  
This Will Be (An Everlasting Love) - **Natalie Cole**  
Easy - **Commodores**  
Hold On, I'm Comin' - **Sam & Dave**  
With A Little Help From My Friends - **Joe Cocker**

## EARTH



James Lane Post has conducted a series of virtual studio tours with artists included in Southampton Arts Center's "EARTH - Artists as Activist" show. We kick off the series with artist Steve Miller. Visit our IGTV to view and learn more, and stay tuned for more artists.

## Garden Theater

In June, Guild Hall in East Hampton will begin its outdoor Play in the Garden theater series with live performances for a limited audience on the lawn. The series will showcase works of Edward Albee, Kurt Vonnegut, Wendy Wasserstein, and Tom Wolfe — Albee was Artistic Director of Guild Hall's theater in the '70s, Vonnegut, Wasserstein, and Wolfe were also involved with Guild Hall during their careers and all four are members of Guild Hall's Academy of the Arts.

Five-time Tony-winner and Academy of the Arts member Susan Stroman will direct three unique live theater events including "Crisis in Queens" by Academy member Joy Behar, "Temptation and Other Tales: An Evening of One-Acts," written and directed by Lyle Kessler, starring Richard Kind, Raye and Sawyer Spielberg, and Margaret Ladd.

## Pet Pix Contest

The Southampton Animal Shelter presents Pet Pix Photo Contests. The themes include The Real Housecats of the Hamptons and Hamptons Dog Days Of Summer, each to later be turned into a coffee table book. Visit [www.sasf.org](http://www.sasf.org) to submit. Submissions close on July 17.



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Sold in April 2021, Represented Buyer and Seller



**East Hampton Retail/Mixed Use Compound**  
Sold in April 2021, Represented Buyer



**The Inn Spot On The Bay Waterfront Restaurant & Resort, Hampton Bays, NY**  
In Contract April 2021, Represented Seller

## Distinct Active Listings



**35 Shrubland Road, Southampton**



**54 Montauk Highway, Water Mill**



**136 Main Street, Amagansett**



**11 Indian Wells, Amagansett**



For a confidential consultation regarding your property or small business please contact:

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# New Construction in Wainscott



## Modern Luxury Living in the Hamptons

15 Wainscott Stone Road, Wainscott | \$11,500,000 | 7 BR, 8 BA, 2 HALF BA | Just completed, this modern English cottage offers approx. 9,000sf of impeccably finished living space. The double-height entry foyer opens to a sleek architectural floating staircase and great room featuring walls of glass that bathe the home in natural light that seamlessly blend indoor and outdoor living. The modern layout is designed for both function and form. Set on a full acre of magnificent landscaped grounds with pool house, heated gunite pool and spa. Only a half a mile to world class ocean beaches. **Web# H358341**

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