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— POST —

July 2021

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Isaac Boots

Giving back to seven Hamptons charities with Torch'd

By Jessica Mackin-Cipro

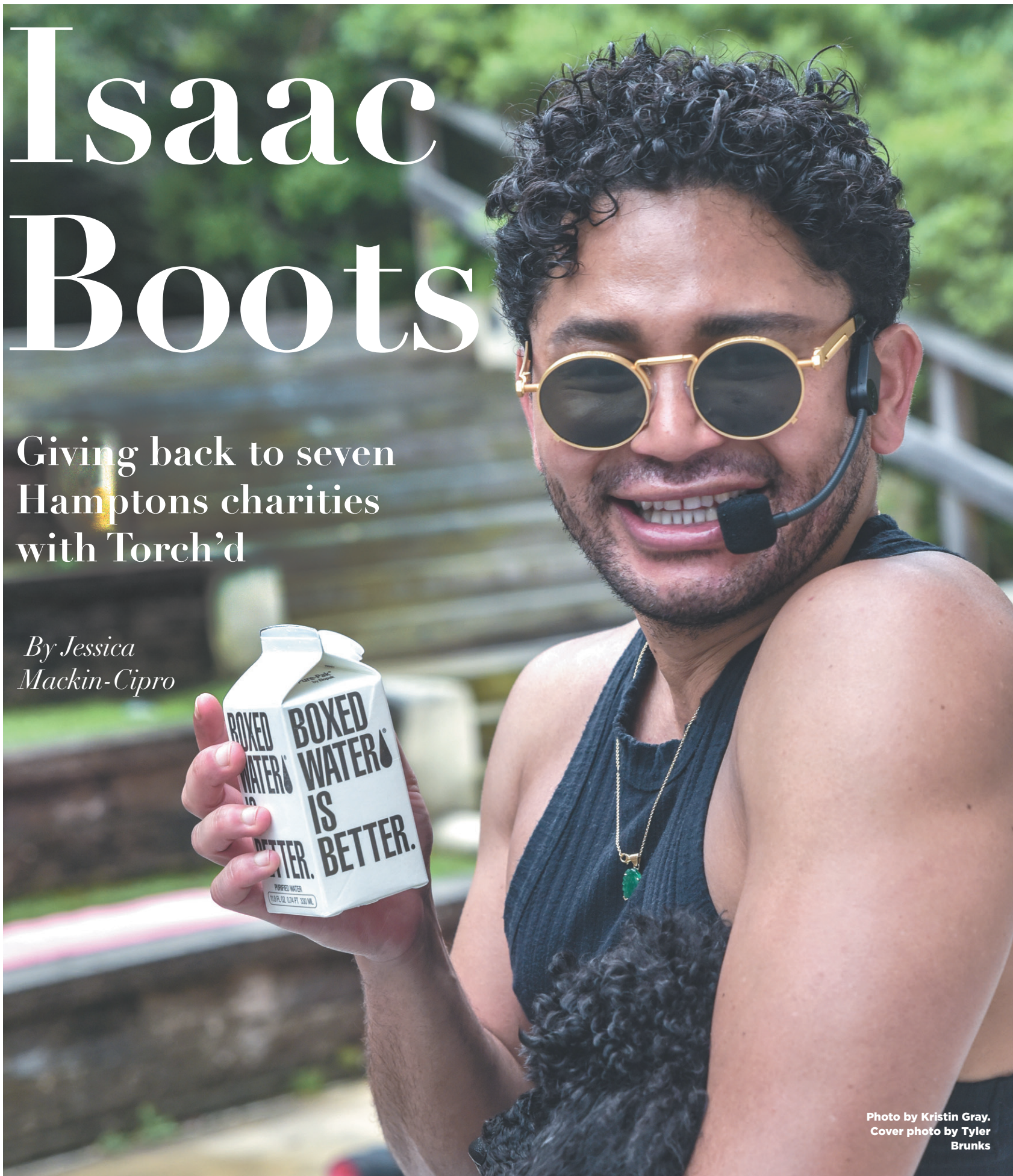


Photo by Kristin Gray.
Cover photo by Tyler Brunks

Isaac Calpito (aka Isaac Boots) — fitness sensation, celebrity trainer, and Sag Harbor resident — raised over \$1 million for No Kid Hungry during the Covid-19 pandemic by offering virtual classes on his Instagram and urging viewers to donate. His social media dance challenge #DanceAndDonateChallenge also helped and continues to help support nurses and frontline hospital workers. His clients include names like Kelly Ripa, Lisa Rinna, Vanessa Hudgens, and Jessica Chastain, among others.

This summer Isaac is hosting his class “Torch'd Live! From The Hamptons” at the Children's Museum of the East End. Through these classes he will donate to seven local charities that help children.

He's also increasing the amount he's contributing to the charities by creating the Torch'd Shoppe in Wainscott. Torch'd Shoppe offers products ranging from beverages to jewelry to apparel to skincare — with brands that include Fred Segal, Ana Katarina, and more.

We caught up with Isaac to learn more.

How did you get your start as a fitness trainer?

Torch'd was born on the Broadway stage when I was dancing in West Side Story at the Palace Theatre. I was working long hours and didn't have time to go to the gym, and I needed something I could do anywhere with little to no equipment. I would do Torch'd on the stage with my little boombox blasting Madonna and slowly but surely the rest of the cast would join me. From there I started working with actors and actresses and choreographing music videos and tours for pop stars all while training

them with my method. So it grew organically and felt like a natural progression.

Talk a little about how you built your huge celebrity following. What were some defining moments in your career?

I have been very lucky to have many special moments throughout my career from staging live performances at the American Music Awards and Billboard Awards to performing with Liza Minnelli at the Tonys to dancing with Madonna on live tv with Kelly Ripa to attending the Oscars with my longtime friend and client Faye Dunaway and staging a concert at the White House for the Obama's; but I think the past year, building this global community and raising over \$1.2 million dollars to help with food insecurity amongst our nation's youth is the most rewarding. Seeing everyone connecting from all walks of life; celebrities, frontline workers, mothers, fathers, grandparents, kids, everyday people sharing inside jokes and shouting each other out on my Instagram Lives everyday has really been a humbling experience.

During the pandemic you offered your classes for free virtually and asked followers to donate to No Kid Hungry. Doing this raised over \$1 million. Why is this foundation close to your heart?

I grew up on food stamps. I understand how it feels to be a kid and feel a sense of helplessness. All the blessings I have mean nothing if I forget the little boy I once was. If there is anything I can do to make a difference in someone's life, it's my responsibility to honor that.

Tell us about your social media dance challenge

#DanceAndDonateChallenge to support nurses and frontline hospital workers:

I was getting DM's from nurses thanking me for the daily workouts and sharing stories about the mental strain and burn out they were experiencing from the past year dealing with Covid. I reached out to NYU Langone and learned that there is a mental health crisis across the nation and the world with our nurses and frontline healthcare workers. Harrowing experiences like having to hold up a phone while someone said goodbye to their family member for the last time, or not being able to see their families because someone in their family had a compromised immune system, not sleeping for days on end and on and on.

It became clear to me that after fighting the war against Covid, they needed programs and support to help them process all of this trauma. I wanted to do something that was fun and uplifting to inspire people to get involved, learn and also show appreciation. Who hasn't been the recipient of the love and care of a nurse?

My friend Steph Amoroso wrote a fabulously infectious and celebratory pop song called 'Electric Light' about the Torch'd community and it has become our anthem. Partnering with NYU Langone as a proud New Yorker to develop a blueprint of these wellness programs to share with other hospitals nationally and even globally has been thrilling. I love seeing people dance and just be festive. Dancing is a part of my DNA.

What can first-timers expect from a Torch'd class?

As my Boots Babies (affectionate term my community calls themselves) say, “Torch'd is Hard,” but

my philosophy is do a little bit every day. Show up EVERY DAY, do what you can and you will see that the more you do it the stronger you get. Equally important is that we are inclusive and have fun. I can't be self conscious and stoic; I find it laughable and embarrassing to take yourself too seriously. It is the death of an artist when they believe their own hype. I love connecting with people everyday and having a laugh and a “splash” while keeping our peaches tight and lifted.

Talk a little about your experience as a Broadway dancer:

I was really fortunate to be in commercially successful shows like Mamma Mia and West Side Story that ran for a long time. I performed on Broadway for nearly ten years with no break, which is very lucky because a lot of shows come and go. The threat of unemployment is always lingering as a Broadway dancer. But it took a lot of guts and hard work to get there. Growing up as a poor little Hawaiian gay boy with no connection to show business, no money to even have formal training, I knew I had to be focused, driven and passionate to get to New York and realize my dreams. I didn't follow the rules — I never have. I snuck into auditions, didn't have an agent, couldn't afford headshots, had no resume, but I had blind ambition. Broadway is a very special community — one could even call it a family of misfits and eccentric characters. I made some amazing life-long friends there and ultimately the determination and discipline I put in there led me to here. If I didn't get booked in the original cast of West Side Story and had no time to go to the gym, Torch'd might never have come to fruition.

What brought you to the Hamptons this summer? How did the partnership with CMEE come about?

I have been coming to the Hamptons for years, training clients and after raising so much money for hungry kids the Children's Museum felt like a natural fit. I always want to align myself with brands, people, institutions that share my same ethos of truly giving back. CMEE is an iconic Hamptons venue that supports seven local charities that take care of underprivileged kids local to Long Island, so it was a no brainer. To be able to do what I love in the beautiful amphitheatre at CMEE knowing money is going to help support kids and families is a blessing and I am so excited!

What are some of the local charities you'll be supporting with your classes?

The seven organizations were selected because they collectively serve a range of age groups from infants through teenagers from across the five East End Townships. The pandemic has required the organizations to expand their missions and initiate a variety of COVID response efforts.

Bridgehampton Child Care & Recreational Center runs a food pantry for over 700 people, as well as continuing all their thriving programs for after-school, teens, college prep, and a new workforce training program.

CMEE operates a food pantry for 75+ families each week, as well as bilingual support groups and educational programs for at-risk children and families.

Eleanor Whitmore Early Childhood Center runs a weekly food pantry for 50 families, and has added extra classrooms and staffing to address the increased demand for childcare among essential workers.

i-tri provides a touch point for vulnerable families in the community, providing mental, emotional and physical training for adolescent girls along with other outreach programs such as art therapy and mentoring circles.

Project MOST offers an array of programs for students in pre-k through grade 8 including full day remote learning support, after school, summer learning and small group weekend workshops. Program hours are designed to match the hours when families are working.

The Retreat provides comprehensive services, including shelter and counseling to children impacted by violence and abuse, as well as violence prevention education to grades 3 to 12. It is also assisting nonresident clients with food, transportation, and medication during the pandemic.

Southampton Youth Association provides recreational programming in small, intimate groups and on Zoom that develops their character, while maintaining distance and safety. In addition, it is offering scholarships to students for high quality SAT prep and is providing financial support for families to buy groceries.

What's next for Isaac Boots?

I am really excited to be launching the Torch'd Shoppe by Isaac Boots on July 1. My first proper storefront! Right on 27 in Wainscott. It will be a lifestyle venue, bringing together my favorite brands that align with my values. Everyone from Fred Segal to Rinna Beauty by my dear friend and longtime supporter Lisa Rinna to Terez by Zara Tisch to Terry O'Neill Estate to Brian Atwood to some major artists that I can't wait to share with you. I wanted to create a space that embodies all the things I love from my own Torch'd apparel to skincare, jewelry, art, fashion, and workout gear.

For more information, visit www.isaacboots.com.

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Baby Kate and Peter.

Peter O'Toole's Milton Avery Collection

At Phillips Southampton

By Bridget LeRoy

As the world begins to open up, travel is becoming a thing once more. And, apparently, not just for people. Art is also going on tour, it seems.

The famed Phillips gallery and auction house, with a location in Southampton, will be exhibiting a large number of works by the eminently collectible Milton Avery. The show, "Milton Avery: A Sense of Place" will be on display for the month of July, and three of the pieces, which belonged to Oscar winner Peter O'Toole, have made the trip all the way from Ireland to the East End.

"Peter knew the famous gallerist, Leslie Waddington, in London and bought them at Leslie's expert suggestion during the '60s," said Kate O'Toole, daughter of the "Lawrence of Arabia" film star and Welsh actress Dame Sian Phillips; an actress in her own right. "John Huston was one of dad's early art mentors and John bought Averys from Waddington's at the same time. I remember their Avery spree," she said with a smile.

The exhibit at Phillips Southampton offers up approximately 50 works directly from the Milton Avery Trust, spanning the career of the artist with a concentration on the different locales that inspired him over the years. The show is curated by the artist's grandson Sean Cavanaugh and Waqas Wajahat, and the pieces will be available for sale through Phillips's private sales platform and by auction in the fall.

The three paintings from O'Toole's private collection are "Bird by Wild Sea" (oil on canvas board, 1961), "White Gull Resting" (oil on canvas board, 1963), and "Gulls in Fog" (watercolor on card, 1945).

In one of the photographs Kate O'Toole shared, a bit of one of the paintings can be seen behind her father. "We're doing a fake family

gathering for a photo shoot," she said drily.

"Hilariously though, some years ago I took photos of his mantelpiece, which was a random mess of awards. Just a mess. Year after year they kept increasing. Peter didn't really display them; he just received them routinely then stuffed them onto a shelf out of his way. By great good fortune one of the Averys happens to be on the wall behind all the tchotchkes!"

Robert Manley, Phillips's Deputy Chairman and Worldwide Co-Head of 20th Century & Contemporary Art, said, "Milton Avery is one of the most celebrated American artists of the 20th century, whose relevance continues to the present day. His appeal travels far beyond typical geographic constraints."

Ranging from the 1930s to the 1960s, the exhibition spans Avery's illustrious career from early New York City portraits and interiors up to the landscapes of Provincetown, where he worked alongside Adolph Gottlieb and Mark Rothko.

Manley continued: "Among those dedicated to his work was the celebrated actor Peter O'Toole. A household name across the globe for the past five decades, the celebrated actor was a devoted art collector for much of his lifetime and built a remarkable collection, with a particular affinity for Avery's works. For this exhibition, we are honored to have the opportunity . . . in bringing these rare-to-market works to the public."

Many of Avery's most significant works revolve around landscapes and seascapes. All three of the works from O'Toole's collection portray the shoreline, a favorite subject of Avery's that he would return to again and again throughout his career. It seems only fitting that these works would be making their international debut in the Hamptons.



Milton Avery's "Gulls in Fog," watercolor on card, 1945.



Kate & Peter with Ed Koch & Jackie Mason



Kate, Patricia, and Peter O'Toole.



Kate and Peter O'Toole. Photos courtesy Kate O'Toole

Kate O'Toole fondly remembers her father's affinity for collecting art. "We had a lot of beautiful pieces in our listed Georgian townhouse in Hampstead, North London. I had a particular fondness for the collection of Yeats paintings, which as a child I could stand and stare at forever. I'd get lost in them, completely mesmerised."

According to her, O'Toole used to say "they were only 'money on the wall,' and proved his point some years later by selling them all when he needed to pay a decade's worth of expensive lawyers during the '80s. He felt bad about it though, he knew how much I loved them."

"I remember the day I found out," she recalled. "Peter arrived in Galway to see me in a play I was doing with Druid Theatre Company. I met him off the plane and the first thing he said to me was that he had some serious news. He hugged me tight and said, 'I've sold all the Yeats. I'm sorry.' I was so taken aback I didn't care what the reason was, I wanted to slap him. Instead I recoiled and sort of hissed in his face. Almost a spit of disgust, but not quite. We got over it," she said.

"Money on the wall" was how O'Toole thought of some of his collection, "such as a Van Gogh ink self-portrait and some Picasso sketches," Kate O'Toole continued, "but he also had a museum-quality collection of pre-Columbian pottery which he was deeply attached to, much of which he did in fact donate to The British Museum and The National Museum of Ireland."

This archeological fascination, Kate claimed, came from her father visiting Venezuela while filming "Murphy's War."

"He made frequent archaeological sorties around South America, to Peru, Colombia, and later to Mexico

where there may have been a little amateur grave-robbing," said Kate O'Toole, only half-jokingly.

"I often visited dad on these film sets and would come back to London with my child's luggage packed with wash bag containing Punch and Judy toothpaste for kids, a facecloth, soap and a few pre-Columbian gold masks. You're not supposed to smuggle these treasures out of the country they were born in, hence I was the perfect choice to be an illegal artefacts mule." She smiled, "Is it bad that I'm now proud my 10-year-old self never got caught?"

"Milton Avery was one of the most prominent American artists of the 20th century, drawing a wide range of collectors from both the U.S. and the U.K.," said Elizabeth Goldberg, Phillips's Senior International Specialist, American Art and Deputy Chairwoman, Americas.

"It is a testament to Peter O'Toole's discerning eye that he was not only able to recognize the painter's significance in the early 1960s, but to treasure these works in his own collection for nearly 50 years," she said.

"We're honored to have been entrusted with the sale of these works by Kate O'Toole and delighted to have the opportunity to bring this collection to the U.S. for the first time in their history," Goldberg continued. "They are emblematic of both Avery's historical significance, as well as the storied life led by the iconic Peter O'Toole."

Kate O'Toole, on the other hand, admitted, "I'm not a collector, of anything. I just don't understand that impulse. For me, less is more."

O'Toole is chairwoman of Ireland's highly acclaimed film festival, the Galway Film Fleadh, and lives in Ireland, as did her dad. "I'm fortunate to have a house in Connemara with stunning views of extraordinary

scenery, the ocean, the pale mists over the mountains, the pearlescent, liminal quality of the light at that northern latitude. I have views aplenty, I wouldn't want to clutter them up with anything else."

Of Avery's pieces though, she feels a certain connection. "They're not of my beloved West of Ireland," she said, "but they could be. I was thunderstruck one day when I took a stroll to the beach at the end of my driveway in Connemara and saw an exact replica, in real life, of 'Gulls in Fog.' There were the seagulls, the sea mist, the empty wooden cable reel on the beach, the ship's sail, and the island in the background. The very same," she said.

"Peter's scholarship was remarkable," O'Toole said. "He knew the difference between his Toltecs, his Aztecs, his Olmecs, his Mayans, and his Incas, and took a genuine delight in explaining his exuberant display of pottery, jewelry, and sculpture which he'd assembled in their chronological order. I learned about Mesoamerican cultures from these marvelous pieces," she said.

It seems fitting that the three Milton Avery paintings will be on view at Phillips in Southampton — Avery was a frequent visitor, along with Arshile Gorky, to the Hampton Bays home David Burliak, and the summer Hamptons residences of Moses and Raphael Soyer and Nicolai Cikovsky. We asked Kate what she would imagine these Russian emigre artists to be discussing with Avery over dinner?

"Money," she answered. "I imagine there'd be a bit of cheerful one-upmanship about who was making the most coin."

"Milton Avery: A Sense of Place" will be on view at Phillips Southampton from July 1 through July 30. The gallery is located at 1 Hampton Road. For more information, visit www.phillips.com.



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Summer Breeze & Breezy Products

By Susan Rockefeller

I'm an omnivore when it comes to health and wellness and I love trying different products and modalities for radiant living.

As founder of Musings Magazine, a digital newsletter that profiles leaders in responsible innovation in the beauty and wellness, agriculture and technology, fashion and social impact entrepreneurship industries, I get to sample creations and learn about companies that are addressing solutions for a more decarbonized and sustainable world.

Last year Musings profiled a product I really enjoy: M.S. Skin-care's Mantra Skin Perfecting Cleanser, made with a non-drying, herbal formula that cleanses skin without disturbing its natural balance. Ethically sourced with clean ingredients and sustainably packaged, Ayurveda is at the core of this plant-based apothecary line that combines the finest Eastern and Western beauty traditions with a commitment to working with small farmers who share an aligned vision for a regenerative world.

I also choose products based on stories which resonate with me. When Justine Hutteau's use of chemical-filled deodorant caused a benign tumor in her armpit, she worked with a pharmaceutical doctor to develop a range of all-natural, personal care products made in France. I love her natural, vegan, cruelty-free deodorant Respire which comes in some delightfully refreshing fragrances.

I am also drawn to products because I simply love the gestalt of them, their packaging, scent or how they make me feel. I'm a huge fan of Chanel's Les Beiges, Sheer Healthy Glow Moisturizing Tint Broad Spectrum with SPF 30 which I use as my foundation. Last March Chanel launched Mission 1.5° — their commitment to tackle climate change in line with the targets



of the 2015 Paris Climate Agreement including reducing carbon emissions across operations by 50 percent, shifting to 100 percent renewable electricity globally and financing projects that enable vulnerable communities to adapt to the impacts of climate change.

I believe particular products invite us to nourish ourselves with self-care as healthcare. Just as Mother Earth needs to breathe, so do we. My self-care includes a wide range of practices including Vedic meditation that I learned from Amy Kalaczynski (Montauk Meditation Club) walking and swimming — in a pool or a dip into the ocean — practicing Poi dancing with great music, eating a mostly-healthy, plant-based diet and growing a small garden and channeling my creative pursuits including my own product, Muses Neck Potion No. 9™, which is the first creation of my Muses Collection. I wanted to create an organic roll-on product that revived our spirits with beautiful scent profiles and also have enough CBD and anti-inflammatory herbs to help joint pain. Neck Potion No. 9™ is created in collaboration with Hudson Hemp, which cultivates best in breed cannabis plants. I apply Muses Potion on pressure points, on my wrists and neck, providing what I call a “Muses Moment” where I pause, to pay attention to my breath and simply breathe, and experience a moment, less restricted from neck pain and simply embrace gratitude.

I believe we all need time to rest, rejuvenate, and reimagine our world and our place in it. Our lives were completely transformed

during the pandemic. With many of glued to our devices, our couches and closets turned into offices, there has never been a better time to create an essential, everyday product potion for the explosion of neck and joint pain.

Summer also provides time for my husband and I to race competitively on International One Design sail boats in July and August. With sun sensitive skin, a big part of my daily routine is protecting it with the EltaMD line of sunscreen, particularly the UV Clear Tinted Broad-Spectrum SPF 46. I also rely on French Girl's Rose Sea Soak, which is divine for a luxurious bath and what I call “mermaid time” after a long day I also use French Girl's Nail & Cuticle oil as well. I love the science behind Biosance's Squalane + Marine Algae Eye Cream and Squalane + Glycolic Renewal Mask. When I'm anxious before a flight or just in need of a chill pill from too much muchness, I use Chill (in pill or chocolate form) from 1906, a mix of THC, CBD plus two stress-reducing plant medicines like magnolia, used for centuries in traditional Chinese medicine for a calming effect, and L-theanine, an amino acid derived from green tea, which stimulates the brain's alpha waves to promote serenity.

Finally, because I want to live a vital and vibrant life, I take a daily probiotic from SEED and make sure to see Richard Firshein, MD, author of “The Vitamin Prescription,” for vitamin drips, integrative anti-aging consultations and my morning stash of vitamins. I also eat lots and lots of the king of antioxidant foods — blueberries!

Tuktu Paddle

Shinnecock's Eco-Therapy

By Jessica Mackin-Cipro

It's based on a tradition that's thousands of years old. For the Shinnecock Nation, paddling is about culture, survival, and self-preservation.

On Tuesday, June 8, Southampton Arts Center presented a Traditional Indigenous Eco-Therapy Tuktu Paddle Tour with the Shinnecock Nation and Blossom Sustainable Development. The program was part of SAC's show “EARTH – Artists as Activists.” Shinnecock's Shane Weeks guided the tour.

Weeks — whose traditional name is Bizhiki Nibauit, which means Standing Buffalo — is a traditional singer, dancer, artists, and cultural consultant dedicated to his community. He represents Shinnecock in a number of ways, including his involvement with Southampton Town Arts and Culture Committee,



Watermill Center Community Fellowship, Shinnecock Nation Natural Resources Committee, Graves Protection Warriors Society, Southampton Town / Shinnecock Nation Cultural Heritage Stewardship Committee, and more.

His mission is to “bridge the gap between his community of Shinnecock, the local community, and communities abroad.”

Throughout the tour, paddlers were able to experience aboriginal Shinnecock waterways from the Shinnecock perspective. Weeks presented facts about the local waters, vegetation, and wildlife as it relates to the preservation of the Shinnecock culture. The two-hour tour also included a short hike across Meadow Lane to the ocean.

“In the old way, life was simple and good for the spirit. As we

reclaim our history, we spread that news and spread that education to others,” said Gerrod Smith, the founder of the Tuktu Paddle Tours, on the Tuktu PT website.

All of the proceeds from the tours go to Blossom Sustainable Development, which was established to “empower Shinnecock families to live healthy, sustainable lives based on self-care, cultural pride, and traditional knowledge.”

Some of these programs include canoe and horticulture lessons for Project Venture youth, a free canoe club for Shinnecock residents, and a shuttle bus for Shinnecock seniors.

The goal of Blossom is to help those attain the peace and calm through nature, which, according to its website, has been shown to “reduce the effects of anxiety, by promoting a state of calm alertness.”

James Lane POST

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Editor's Letter

We want to wish everyone a happy and healthy summer season. We are beyond excited to present the pages of our first ever July issue of James Lane Post. We hope to provide you with interesting reading material for the beach, the pool, the coffee shop, or home at your kitchen table. The features we've selected for this issue highlight people doing what we find to be fascinating work within our community, as well as a dose of arts and culture. Our cover interview with Isaac Boots highlights the seven local charities his fitness classes will benefit this summer. Our exclusive interview with Kate O'Toole presents stories about her father Peter O'Toole and his collection of Milton Avery paintings. Sag Harbor's Emily Tisch Sussman talks about her political podcast that highlights all female guests. Fashion legend Rebecca Moses tells her story within our Style & Design pages. With our real estate profiles on The Atlantic Team, Terry Cohen Team, and Hal Zwick and Jeff Sztorc, we hope to offer useful information on the booming East End industry.

Sincerely,
Jessica Mackin-Cipro
Editor, James Lane Post



Emily Tisch Sussman

Podcasts, Parenting, & Presidential Elections

By Jessica Mackin-Cipro

Emily Tisch Sussman hosts the successful all-woman podcast “Your Political Playlist” from her home and a recording studio in Sag Harbor. Guests have included everyone in the political world from Speaker Nancy Pelosi, Secretary Hillary Clinton, Stacey Abrams, Governor Gretchen Whitmer, to Commerce Secretary Gina Raimondo, to name a few. She also recently secured the role of Senior Advisor to Paid Leave US, a national campaign to win paid family and medical leave by 2022.

We spoke with Sussman about everything from the sexist ideology society can place on women from prominent families, to how she navigated the Presidential election, and how the mother of three young children balances it all.

You’ve just secured the role of senior advisor to Paid Leave US. Tell us a little about that.

I’m so excited for my new role with PL+US: Paid Leave for the United States as a Senior Advisor. This is a fight that is both important for the country and also very close to home for me as a mom of three young kids, with my third born three weeks before the Covid lockdowns in New York. With Covid we saw a record number of women leaving the workforce and as they are making the choice to come back, businesses that offer paid leave will be in a much stronger position than their competitors. Paid leave is such an important fight and I’m ready to get in the ring to get it passed at the federal level so we can help millions of moms and women across the country.

Tell us a little about the podcast and how it started, and the inspiration behind it:

I’ve worked as a democratic strategist for more than 15 years. And I’ve been on TV as a commentator for about nine years as a political strategist. Going into the 2020 presidential election, especially in the primary, I felt like everyone was kind of grappling with the question of, not only which candidate they wanted to support, but how to decide which candidate.

I felt like, well, if I could open up a process that I would use when I was preparing for a TV segment, and bring the experts that I would call — I just wanted to open that process up so that everybody has access to the same questions, the same experts that I would have access to.

So that’s essentially what I did. The first season of the show, I categorize it by issue areas. I had on a healthcare policy expert, I had on an environmental policy expert, and really went through the same question and answer process that I would do if I were preparing for TV. It just kind of evolved from there, making sure that I’m always having policy be very conversational and relatable to real people while still having a smart, elevated conversation.

I felt like there were so many women who were digging in deep and who I would consider to be the real experts in the field, but didn’t always necessarily have some of the credentials, and weren’t putting themselves out there. They weren’t promoting themselves. So if I was going to create a platform, I was going to create it for women. So a hundred percent of my experts on my show are women and the majority are women of color.

Can you tell us about some of the guests you’ve had on?

We’ve had amazing guests. We launched with Speaker Pelosi, which was a pretty great way to launch. I realized that we had forgotten a screwdriver to adjust the mic. So before she came



in, she has all these little nut bowls — we ended up using the spoon from her nut bowls to adjust mic for the speaker. I was nervous and felt like, oh my God, I can’t believe I forgot a screwdriver for my very first interview with speaker Pelosi. She turned out to be a great guest.

I had on Stacey Abrams to talk about changes in voting rights. Secretary Hillary Clinton ended up making news that drove the news cycle the entire weekend before the Iowa caucus, which was so crazy because I was nine and a half months pregnant when I did that interview.

Recently I’ve had on, from the Biden administration, the secretary of commerce, Gina Raimondo, Biden’s campaign manager, who’s now deputy chief of staff, Jen O’Malley Dillon, and a lot of experts who are lesser known, but wonderful experts. For healthcare we’ve had on Dr. Alice Chen, who was the head of Doctors for America. For democracy and voting rights, we have on Andrea Haley, the CEO of vote.org. When people hear them, they really get it.

I’m excited that we’re able to use the show to have on the people who are better known, but also to make sure that we can use the platform for those who are lesser known.

What was the experience like navigating the presidential election during Covid, and working from home with toddlers?

It’s certainly not what I thought it was going to be like. I had my third baby in three years, three weeks before the lockdown. So she was a newborn, then with two toddlers who were home, just while we were trying to figure out exactly what the approach would be for the presidential election. I mean, I had thought that maybe I would try to actually go work on the campaign, which then ended up becoming totally impossible.

I was so pregnant at the end of recording my last season, I actually had all the podcast equipment already cause I hadn’t wanted to kept getting on the subway when I was close to my delivery date. I would record during their naptime, I would align everyone’s nap schedule — that is when I would do my

interviews. I have kids crawling all over me during a lot of interviews.

I’ve started hosting “Moms Run The World,” Instagram live series for Parent’s Magazine. Our first interview for that was Senator Tammy Duckworth, who’s the first sitting Senator to have a child while in office.

As a mother of three young children, talk a little about work-life balance:

Tammy Duckworth said, “There is no work-life balance.” Sometimes you prioritize the family and sometimes you prioritize work and when you do the other suffers. I think that as a lot of parents, particularly mothers, they’ve tried to move the pendulum back and forth between the two, the work ends up being viewed as kind of a pet project and not as a real endeavor. And I think that’s particularly for mothers that are coming from backgrounds of privilege, or coming from backgrounds of wealth, that the work ends up not being taken as seriously. And so I feel it has been a real driving factor in my life to work a thousand times harder than what was expected of me — be the first one in, be the last one out. Because I felt I did have to overcome that perception that because I come from a prominent family that I wouldn’t really be showing up to do the hard work. And so I always made sure to do that hard work.

Tell us a little about your connection to the East End and Sag Harbor:

We moved out here last year. It was a Covid move. It was a good, quick decision, and we love it. We were definitely very much integrated into supporting as many of the local businesses as we can and whatever we do in our daily life. Our kids are enrolled in preschool here. I buy far too many clothes at Joey Wölffer. I do Pilates at Norma Jean Pilates. My kids go to karate class. If they try really hard, their reward at the end is they get to split a monkey shake from Sagtown Coffee. Actually, when my kids like to play “store,” they play Sagtown Coffee. They yell out “65!” It’s hysterical.

Visit www.emilytischsussman.com.

Ricky Tee-Vee

Design Inspired by Daughter

By Nicole Teitler

In 2015, Greenport native Ricky Saetta tapped into his talents as a carpenter to create a crib for his newborn daughter, Dakota, and a specially designed name sign to go with it. At the time, it was merely a creative outlet, born out of his years in the construction business.

“My dad was a carpenter so I learned woodworking from him,” Saetta explained. But once friends saw his work they began requesting name signs for their own children. In an instant, Dakota became the catalyst to her father’s new side venture. “I wanted to make things for her, to create a magical world that we all craved as children. From there it naturally developed into design/building businesses,” he said. Then, in 2018, Saetta turned his side hobby into a full-time operation, turning woodwork into wonderlands.

Saetta, artistically referred to as Ricky TeeVee (formerly recognized as Estd.1981), uses woodworking or up-cycled materials as his medium. Known for his retro style, his creations can be found all across Long Island — The Times Vintage in Greenport, White Flower Farmhouse in Southold, Uber Geek Brewing and North Fork Brewing Company in Riverhead, all three Lucharitos locations, South Quarter in Sayville, and NoFoDoCo in Bay Shore. His work also expands to personal homes, and eager scavenger hunters may even find driftwood cassette tapes left behind at local beaches.

Each display is an optical time machine, taking observers back to the eras of yesteryear. Three dimensional, vibrantly designed colors and cutouts,



replicas of a bygone era. Repurposed TV sets, vinyl records, arcade machines, a camper bed, comic themes, Walkmans, flowers, all either recreated or repurposed.

“I have very deep nostalgic vibes. Something about the music and design of the ’70s and ’80s that strikes a deep cord for me,” Saetta said. But transporting oneself into a time warp takes concentration, self-described as “torture and obsessive,” “hyper critical and consumed.”

To hone in on the decade, Saetta immerses himself in period-appropriate music and movies. He then dives into a sea of nothingness before inspiration hits. It’s a multistage process of design and complexity. “It’s really passion based. If it sounds like an exciting or challenging project then I throw myself into it wholeheartedly.”

Through his relationship with The Times Vintage owner, Lizzie Sweigart, Saetta was able to study vintage styles of the ’50s and ’60s, an unexplored timeframe to his present-day, and more personally relatable, nostalgia. “I adapted my style of building and artistry to someone else’s aesthetic. That rustic farmhouse vibe is not my style but I loved the challenge of marrying the two of us. I really feel like I created a perfect expression of her style there without compromising mine,” Saetta explained. “Clients see my work at Times Vintage and they too want a retro place.”

As he explores more modern design, aiming to break out of the retro box, he prefers clients with a laissez-faire attitude that allow him full freedom to work.

“I want to create magical awe-inspiring places. I want to make ex-



periences that brighten people’s days, lasting memories,” Saetta said.

Whether it’s for a child or the inner child within, Saetta, aka Ricky TeeVee, crafts visual creations that

unlock heartfelt simplicity within. Each one-of-a-kind piece brings him back to his daughter, as though we’re all seeing the world through innocent eyes once again.

Dana Prussian

Talks The Business of Art in the Hamptons

By Jessica Mackin-Cipro

The Covid-19 pandemic has changed the landscape of the art world globally — affecting the way viewers view art, how collectors buy art, and how and where galleries display art. The Hamptons has also seen its share of change over the past year within the industry.

Dana Prussian, Art Services Specialist at Bank of America Private Bank, has been coming out to the Hamptons for the past 15 years and considers it a “very special place.”

The art services team operates like an “investment banking product group that’s focused specifically on art,” at Bank of America. Taking care of client’s existing high-value art col-

lections, she navigates how to handle art as a financial asset through art lending, art planning, consignment, and non-profit services — which could mean gifting to a museum.

“I help collectors through pretty much every stage of their collecting journey,” said Prussian. Many of those collectors are here in the Hamptons. And a handful of industry-leading galleries took the cue when the Covid-19 pandemic hit and headed east.

“Prominent galleries have been paying attention,” she said. Some of the early-on transplants included The Pace Gallery and Michael Werner, while auction houses, like Sotheby’s, Phillips, and Christie’s, also opened outposts. More recently, Berggruen

Gallery from San Francisco moved in to East Hampton with a pop-up running through September 30.

“The galleries are really catering to this moment and we think they’ll be wildly successful,” she said.

The Hamptons has long held its place in the art world, and many East End galleries have seen decades of success. Now they are mixing with the new arrivals and creating what Prussian describes as a “gallery enclave.”

“I think the reality is that [these] galleries being in the Hamptons make more sense than ever,” she said, noting that many of her clients are living in the Hamptons in a more full-time capacity, and while we might be getting back to normal socially, many are here to stay. “They’re not rushing back into the office,” she said.

“Our clients are buying more than ever,” she continued. “There’s a lot of liquidity in the market and a lot of collectors have made a lot of money during this time.”

Another way galleries have pivoted is by going virtual during the pandemic. She said this was a “phenomenon that came out of canceled art fairs and shuttered galleries,” and that it “helped keep the art fairs and galleries going.”

According to Prussian, specific genres that are doing well include Contemporary art, which she believes will continue to have a strong pres-



ence. Identity art has also become extremely popular, particularly works by African American and Asian women artists. She said artists who, “show their identity through their artwork, usually in a figurative way, are selling

really big.”

She also noted that collectible sales — luxury handbags, jewelry, watches, rare wine — particularly in markets like the Hamptons, are also doing well.

CosmicRx

Self-care and a little lunar love

By Jessica Mackin-Cipro

Madi Murphy, the co-founder of CosmicRx, is a professional astrologer, intuitive healer, shamanic medicine practitioner, and wellness entrepreneur who has studied with world-renowned spiritual teachers and leaders. She offers a weekly Monday Meditations, breath work, energy healing at Hero Beach Club in Montauk as well as a series every Wednesday night at The 8th Drifter called “Crystals and Cocktails.” Guests gather over drinks and Murphy offers a casual but informative workshop offering guidance on how to work with cosmic wellness in day-to-day life. Murphy also hosts the podcast CosmicRx Radio, which breaks down spiritual teachings and includes a dash of pop culture and high-vibe humor. We caught up with Murphy to learn more.

You’re a professional astrologer, intuitive healer, shamanic medicine practitioner, and wellness entrepreneur who studied with world-renowned spiritual teachers and leaders. Tell us a little about your background and how you got started in this field:

I was always drawn to the mystical side of life as a child but, like so many of us, I cast aside those parts of me as I grew up and wanted to “fit in” in the professional world or be taken “seriously” (whatever that means!). It was only after I found myself juggling two start-up businesses and felt completely stressed, blocked, and utterly lost that I began to return to what we now call “cosmic wellness.” Cosmic wellness involves anything that is helping you remember your spiritual power: taking care of your energy, listening to your intuition, doing mindset work, creatively manifesting and honoring my natural cycles and phases by working with the moon. Once I started to tune back into these things, it was like certain inauthentic things fell away and I started to remember parts of myself and, perhaps most important, began to trust myself more. These practices saved my life and also brought me back to my true self, versus who I thought the world thought I should be. I quickly realized my purpose was helping others do the same.

Of course, I had absolutely no idea where to start or how to do this, but I just kept asking the Universe for the next step to show up and it did. There’s a famous saying that says “when the student is ready, the teacher appears.” And in my case that was true times ten! I met all of my teachers through what some would call “coincidence” (even though I obvi don’t believe in things being random!) For instance, one of my teachers, Colleen McCann, literally came into the coffee shop in Brooklyn I owned at the time, marched right up to me, gave me her

business card and told me I needed to get to Shaman School stat! I was flabbergasted but it was so meant to be. I am blessed to have found some of the most amazing, respected teachers in the world... in the most synchronistic of ways. Even the journey to find my teachers taught me something: to trust where you are being led even when you don’t know the path.

Talk a little about CosmixRx and what inspired you to start this business:

Well, from there, I wanted to share these “cosmic wellness” tools and practices with everyone I knew, so I started gathering with a small group of women in Montauk. I didn’t really know what I was doing at all at first but everyone was so incredible, open and willing to come to these “goddess circles” that it boosted my confidence. And, once, we got going something truly amazing happened: we just sort of “knew” what to do. It was as if we all intuitively understood the magic that happened when we gathered — especially with the new or full moon — and we let that lead us. We also felt so connected to the generations of women who have been doing this since the beginning of time. It was truly humbling — and our circles were always equal parts sacred and silly. We not only had fun and had a space to witness each other and be seen — but, pretty quickly, we started seeing results. Relationships being healed, businesses being launched, babies being conceived, and the list goes on. Most importantly though, we tapped into that cosmic thing that happens when you combine community support, self-care and, of course, a little lunar love.

My now business partner (and CosmicRx co-founder), Audrey Rudolf, was one of the women who started attending these circles and, after seeing how powerful it was, observed we needed to get this out to the world and to as many people as possible. We wanted to teach these practices that had helped us access such deep levels of self love, intuition, pleasure, and purpose. But we quickly found that a lot of people were intimidated, skeptical, or just straight up confused by things like astrology, meditation, manifestation, energy work, or crystal medicine. So, we set out on a mission to make spirituality accessible, digestible, and, most importantly, fun!

You’ll be at Hero Beach Club every week for Monday Meditations. Tell us a little about what guests can expect?

Montauk is — quite literally — such a magical place. Surrounded by so many different bodies of water and with beaches that are made up of crushed up crystals, it’s no wonder that anyone who has ever been to Montauk can acknowledge there is “good energy” there. The indig-



Madi Murphy. Photo courtesy CosmicRx

enous Montaukett people have always viewed the land as a living, sacred entity. However, most people are so busy working, partying, or bopping around that they don’t get to understand all of the medicine Montauk offers.

So, Monday Meditations are one of our solutions to that. They are a great way to tune into yourself, tap into the healing powers of nature, recharge after the weekend and reset your vibe for the week ahead. I open with a short and simple breakdown of what’s happening in the astrology forecast (aka your “emotional weather” report) and then we set an intention, as a way to remember that you are always the co-creator of your life. Then, laying on that crystal sand, with the warmth of the sun kissing your face and the salty air of the ocean gently massaging your skin, I take you on a relaxing journey using a combination of guided visualization, breathwork and sound healing. And it’s like magic happens. To be honest, the setting does most of the work! But truly, it’s a mystical experience. It always makes me smile because so many recorded meditations start off with “imagine yourself somewhere beautiful, like at the ocean...” and, in this rare case, you are already there! We are partnering with NEOM Organics for this series to bring a deeper level to the connection of scent and meditation. I’m so excited to work with them because they make gorgeous, luxury products to boost your well-being. We will be using their hand balms and essential oils with our meditation to further help reduce stress and help drop you into the moment. The more tools in the anti-anxiety toolkit the better!

Also, if someone is looking to take a deeper dive into cosmic wellness (i.e., how to work with the moon, tips to manifest or what’s up with tarot cards) we also have a series every

Wednesday night at The 8th Drifter called “Crystals and Cocktails.” As the name suggests, we gather over drinks (including non-alcoholic options) and host a casual but informative workshop where everyone leaves with a real time tool or guidance on how to work with cosmic wellness in their day-to-day lives.

Tell us a little about your podcast:

Cosmic Rx Radio is a podcast diving deep into topics like astrology, self care, modern mysticism, mindset magic, and conscious entrepreneurship. I like to break down spiritual teachings with practical, actionable steps — and usually with a dash of pop culture and high-vibe humor thrown in to keep it real.

What’s next for you and CosmicRx?

So many things! It’s so fun because we feel like the world is really ready for this — we have so many messages from people waking up to astrology, spirituality, and, ultimately, their magic. 2020 was a huge year for us — people had more time on their hands and so many of them decided to transform their lives or themselves in some way so it gave us so many ideas. In the immediate future, I can say we have some amazing merch dropping. And our oracle deck, Notes From Your Higher Self, comes out this summer. I am so proud of it because anyone can use it, no matter if they are familiar with tarot/oracle, and it is full of valuable wisdom that has helped me so much. And there’s some spiritual sass thrown in there too to keep it interesting. It’s basically a hotline to your highest (and hottest) self to use anytime you need a little pep talk.

Visit www.thecosmicrx.com.

SAAM

Grand opening of the African American Museum

The Southampton African American Museum held a grand opening event and Juneteenth celebration on Saturday, June 19. The museum building, which is located at 245 North Sea Road in Southampton, was built in the 1940s and was once the home of Mr. Emanuel Seymore’s barbershop and beauty parlor as well as Mr. Arthur “Fives” Robinson juke joint and restaurant. The museum opened with two exhib-

its in the space. Upstairs is the exhibit “Grooming a Generation – A History of Black Barbershops and Beauty Parlors,” including the commissioned mural, “Three Themes: Great Migration History of Black Barbershop & Beauty Parlor, Juke Joint and Pyrrhus Concer” by Artist David Bunn Martine (pictured at right). Downstairs is the exhibit, “African American Art From the Private Collection of Peter Marino.” For more information visit www.saammuseum.org.



A Hamptons Happening

Chef David Burke at Waxman Cancer Benefit

By Jessica Mackin-Cipro

David Burke is one of the most well known chefs in the world. The New Jersey Native is a pioneer of American cooking — the only American to be honored with Meilleurs Ouvriers de France Diplome d’Honneur. He has authored two cookbooks and has been a guest on countless cooking shows. He also often lends his name and talents to charitable causes. His #FeedtheHeroes campaign delivered 100,000 meals to charities and frontline workers during the Covid-19 pandemic.

This year Chef David Burke will be honored alongside HUGO BOSS Fashions, Dr. Kenneth Mark, and Natalie Cohen Gould at the 17th annual Hamptons Happening fundraiser to benefit the Samuel Waxman Cancer Research Foundation on July 10 in Bridgehampton. We caught up with Burke to learn more.

Congratulations on being honored. How did you become involved with the Samuel Waxman Cancer Research Foundation’s Hamptons Happening Event?

[This year’s Hamptons Happening Co-chair] Mark Friedman.

Why is cancer research important to you?

It’s important to find solutions to problems, and to help people. My father recently had cancer and I have supported the foundation for a long time. I have been involved at a variety of levels for years.

What are you most looking forward to at this year’s event?

Supporting the cause, and trying to raise as much as possible to beat the disease. Seeing old friends, meeting new, and being able to collaborate and celebrate after a terrible year and half with a sense of normalcy, and giving back the way we are accustomed to and how know.

Tell us a little about how you got started as a chef:

I was a dishwasher at a young age and loved the energy of a kitchen. The way everyone comes together in the heat of the moment all with the effort.

You’re a rock star in the culinary world. Tell us a little about your latest restaurant, Orchard Park by David Burke:

It was so nice to collaborate with a world class designer, Lemay + Escobar to build a world-class place, rivaling anything in the state of New Jersey from design and culture stand point.



Tell us a little about your cooking demos & LeftobyDB:

As a chef, we are rarely home to cook in our home kitchens, but the pandemic provided the time and space to do so. Lefto was a puppet designed after me that had been collecting dust for some time. When I started to cook in my home, I decided I needed a buddy to keep me company and since I am not used to cooking for a table of one, eat my leftovers!

How has the pandemic shifted business for you?

The pandemic created many new revenue streams for my team and

I that I had not been exploring; Private cooking classes for the home chef, team meetings with cooking demos, meal kits with my recipes mailed in conjunction with live demonstration.

Talk a little about #FeedtheHeroes, a program that cooked and delivered 100,000 meals to frontline workers and charities:

The best way we know how to provide support is through food. When we had no restaurants open and no funds coming in, we shifted to raising money from our local markets and turned those dollars into meals

for the frontlines and those in need. It was an incredibly fulfilling way to put ourselves to work and help.

What’s your go-to dish?

To cook, it’s roast duck. My comfort food is an Italian Hero.

What do you like to enjoy when you’re in the Hamptons? Any favorite restaurants or businesses you visit?

Stay at house, order Honest Plate. Carissa’s bakery — a former pastry chef of mine. T-Bar is always great.

Visit www.waxmancancer.org.

CaviAIR

Affordable, Approachable & Accessible Caviar

By Jessica Mackin-Cipro

Ariel Arce — the owner of Manhattan’s Niche Niche, Air’s Champagne Parlor, and Tokyo Record Bar — has launched a caviar brand.

During the height of the pandemic, July 2020, she made the decision to launch CaviAIR with close friend Michelle Double. Her restaurants, Air’s Champagne Parlor in particular, were the catalyst for starting a caviar company. “Once I started going down the rabbit hole of the world of caviar, I started making some great relationships,” said Arce.

“When the pandemic hit, all the restaurants were just in such a difficult place. I felt like I was using so much of my creativity for survival purposes rather than thinking about all the fun, new things that we could bring to the world. So at a certain point my best friend and I were kind of just like, ‘why the hell not just do something so left field?’”

Arce and Double source caviar from the some of the same top-quality producers as many leading brands, but they charge less. They offer multiple grades from different sturgeons from around the world, at the most affordable price they can. Tins start at \$50 for 28g of Kaluga Imperial.

“My main touch point for every-



thing is making luxury affordable, approachable, and accessible,” said Arce. “The challenge is to take it out of its kind of fancy, pretentious background and really associate it with everyday things.”

The duo aims to position CaviAIR as a highbrow/lowbrow item. Arce acknowledges that caviar is not cheap, “but the comps for what you would be paying for the same product that we offer is exorbitant.”

“Keeping a caviar tin in your fridge is something that you can do,” said Arce. “You don’t have to be a fancy person just to do that. If you have leftover pizza, throw it on there or make yourself a nice breakfast and add a little caviar — it’ll last for weeks and you can do that every single morning.



And that’s just like a nice thing you do for yourself. Think of it as a luxury, but a luxury that you deserve.”

You can find CaviAIR out in the Hamptons this summer in a sky blue vintage Land Rover Defender from 1964, available for hire for parties all summer.

“We have decided to kind of throw caution to the wind and come out to the Hamptons,” said Arce. The car will be parked throughout the

Hamptons on weekends this summer and will serve as a pickup location for pre-ordered CaviAIR packs and kits. You can find them at Il Buco al Mare in Amagansett every Friday, from 12:30 to 3 PM, and The Maidstone in East Hampton every Friday night.

The kits are great for “rethinking the traditional presentation of caviar,” said Arce. “We do crème fraîche, a brown butter egg whip, fresh pickles, and dill. We like to champion potato

chips with caviar versus doing a blini or brioche. We’re doing North Fork Potato Chips and you get a mother of pearl spoon with the kits as well.”

The CaviAIR Car info will be on www.cavi-air.com where guests can pre-order through the site or contact to book an event. On the @caviar Instagram, you can shop the options, check out where the car will be parked on what days and times, and select a pickup place and time.

The Magic Of Dave’s Grill, At Home

By Jessica Mackin-Cipro

For 30 years you went to Dave’s Grill, now Dave’s Grill is coming to you. For three decades the famed Montauk restaurant was a staple within the community, serving superior seafood and other specialty dishes. It was one of the hardest reservations to get in town, with day-of reservations available through its reservation line. The magic of Dave’s Grill now lives on with Dave’s at Home, a new service by owners Julie and Dave Marcley, offering small, catered event in clients’ homes. Many of the old menu favorites — Dave’s cioppino, baked stuffed lobster, clams casino, crusted founder, and of course, the chocolate bag — are included. Dave and Julie met in 1982 and opened Dave’s Grill back in 1988. Prior to opening, the space was the Viking Grill, a fisherman’s diner that



Dave and Julie Marcley.
Photo by Melissa Berman


was open from 10 PM to 6 AM. When Dave and Julie took over they started by serving breakfast — eventually adding on lunch and dinner. “We’ve watched the evolution of Montauk over the years. I mean, it’s certainly changed in a lot of ways as local people,” said Julie. “We always wanted to keep the integrity of what was here and what was local and embrace the change.” “I’ve had five restaurants in my career since 1983 on the East End. And so you create these relationships with people and just know where to go,” Dave said on how he sources the best ingredients for his dishes. The original location closed in 2016 and the duo thought they would take a year off. But when another res-

taurant became available across Lake Montauk they opened Dave’s Gone Fishing and ran that for the next few years. “After that we did take a summer off. It was the first summer that we had off in a long, long time and we weren’t quite sure what our next step was going to be,” said Julie. “We were really ready for something new.” “At the time, a couple of our customers asked us if we would consider bringing what we do at Dave’s Grill to their home,” she continued. “We weren’t sure if it would be the right fit, but we thought, well, let’s give it a try and see how it goes.” After the first summer off in years, the team pivoted into what they’ve recently launched — Dave’s at Home,

essentially bringing the Dave’s Grill experience to people at their own properties. “It’s been fantastic,” said Dave. “We couldn’t be happier connecting again with customers and coming to their homes and creating an experience for us and for them. It’s been fun.” The number (631-668-9190) that so many called for that hard-to-get-reservation is still in service, but now it can be used to book a private dinner at home. “We kept the same phone number that we had for many years,” said Julie. “When we moved on to Dave’s at Home we decided let’s keep that phone number. It’s kind of the shoe is on the other foot because now all these wonderful customers who

called us all these years, we’re now calling them.” The Dave’s at Home menu will offer many of the same favorites as the restaurant served. “It’s all the favorite things that people loved,” said Julie. “I think it’s a lot of nostalgia too for people.” The experience is curated based on the client and could be anything from a casual dinner to a more formal setting. The crew, at times, will include other familiar faces from the restaurant. They keep the head count to under 20 guests, creating an intimate and memorable experience, at homes across the East End. So far much of the business has been word of mouth. “It’s a new avenue and it’s kept us doing what we love,” said Julie.

NAVY BEACH



MONTAUK NY

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A TRADITION THAT BEGINS THE MOMENT YOU ARRIVE.



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Hampton Beach Service

Founders Mark Ripolone & Bruno Fludzinski talk beach bonfires and more

By Jessica Mackin-Cipro

Mark Ripolone and Bruno Fludzinski founded Hampton Beach Service five years ago after they saw a need for beach services among Montauk’s visitors. The goal was to help vacationers have the most enjoyable beach experience possible, by getting them set up with chairs and umbrellas. After a few years a customer asked if they could set up a bonfire, and just like that the business expanded — they do the heavy lifting for clients and make sure they are in compliance with East Hampton Town’s bonfire regulations. We caught up with the Ripolone and Fludzinski to learn more.

What inspired you to start Hampton Beach Service?

Mark: Since I was a young child, I have spent every summer in Montauk. I began working at different restaurants and department stores at the age of 16. I have witnessed firsthand the popularity increase year after year. I began to think of ways to improve the satisfaction of tourism and realized that the service industry was not keeping up with the increasing demand for high-end service. One day I watched a family of four struggle to get all their chairs and umbrellas on the beach. I offered my assistance, and they were extremely happy. While walking with them, I asked them how they like Montauk. They replied to me by saying even though we are on vacation, it does not feel like a vacation. It feels like a

workout. I began to think about this common occurrence every day as I watched people struggle to get their things on the beach. I asked myself if I spent \$400 to \$800 per night, why should I need to carry all this equipment to the beach? I then started to call hotels in the area asking if they provided chairs and umbrellas for their guests. Many of them said no. From that point on, I thought of a business that not only would provide the vacation necessities, but a complete service that would make them feel like VIPs. We have been operating this way for five years now and the customer base I’ve acquired knows that they don’t have to pack anything at all for the beach.

Tell us a little about the business?

Bruno: Hampton Beach Service was a daytime beach equipment rental service for a few years, and at some point, a customer asked if they could use our chairs to do a bonfire in the evening (as we generally closed at 5 PM) and it got us thinking. A few years ago, the town of East Hampton created a law stating several regulations and rules about what one needs in order to have a beach fire. It was a great move by the town because at the time, people were leaving burning embers on the beach and not thoroughly cleaning up. Hampton Beach Service decided to provide a bonfire service that would be compliant with the rules set forth by the town of East Hampton. We would set the fire up and maintain

it throughout the evening. If you ordered a bonfire with Hampton Beach Service, all you had to do was show up! We took care of everything else. This quickly grew in popularity, and we were able to develop more luxurious fires and events. By now, there are already a couple hotels that are trying to offer their own type of bonfire service add on, but nobody knows how to do a fire quite like Hampton Beach Service!

Tell us a little about your background and what brought you to this point?

Bruno: Both Mark and I come from similar backgrounds and have similar interests. We both used to come out here when we were younger in the summertime to work and play, and we watched the popularity explode over the years. We are both entrepreneurs that have started multiple businesses in the past. I believe our love for Montauk, those who visit, small businesses, entrepreneurship, and most importantly the beach is why we are here doing what we are doing.

What are some of your most popular services offered?

Bruno: The most popular service we offer is our “Luxury Beach Fire with Picnic Dinner” package. This package comes with full-size dinner tables and seating, black or white tablecloths, candlelight, LED Mason



Photos courtesy Hampton Beach Service



Jar Lights, a cooler with ice and waters, a portable Bluetooth speaker, and customized decor depending on your event. We create a separate seating circle around each bonfire adjacent to the dinner table. For the meal we offer a \$25 per person food credit from any local restaurant; you place the order with us prior to your event, and we will pick it up and deliver it to you on the beach at your desired time. Each dinner comes with three complimentary bottles of either Champagne, Rosé, or Prosecco, and enough S’mores for everyone in your party! Combine a beach fire with a delicious meal on the sand for a one-of-a-kind experience! However, our daily umbrella rentals are

also very popular in July and August when it gets very hot out here.

What’s next for you and Hampton Beach Service?

Mark: We are partnering up with hotels in Montauk and East Hampton to provide our services as add on (or complimentary) items for guests. We are also partnering with popular restaurants in the area to do a similar thing. Lastly, in the future we are looking to expand the business to other areas on the East Coast, and eventually the west!

Visit HamptonBeachService.com.



Photo courtesy Elaia Estiatorio



Photo courtesy Highway Restaurant & Bar



Photo by Drew Escriva

Beach Water

Created by The Highway Restaurant & Bar Beverage Team in East Hampton

Ingredients

- 2.5 oz Arette Blanco Tequila
- .25 oz Sagaponack Rhubarb Cordial
- .75 fresh lime juice
- 10 dashes Fee Brothers Rhubarb Bitters

Method

Shake and pour over ice; top with Club Soda.
Glass: Tall Collins Glass

Elektra

Created by The Elaia Estiatorio Beverage Team in Bridgehampton

Ingredients

- 1.5 oz Illegal Reposado Mezcal
- .5 oz Methexis Cigar Brandy
- .5 oz lime juice
- .5 oz lemon juice
- .75 simple syrup
- 3 dashes Peychaud’s Bitters

Method

Add ingredients to a shaker with ice and strain over a big rock
Garnish with lemon peel
Glass: Rocks Glass

Oishii Berries

Oishii, the largest indoor vertical strawberry farm, is bringing its coveted Omakase Berries to the Hamptons for the summer. You can now order Omakase Berries through Eli’s for direct delivery or pre-order for pickup at select locations including Carissa’s Bakery, Hen of the Woods, and Goop. Visit www.oishii.com/pickup.



Kiss & Tell

By Heather Buchanan

My Kingdom For A Book

I was waiting outside a restaurant for dinner the other night and noticed a father and son nearby. The father had a book in front of him, actually a tome would be more accurate description. His son was looking at his two smaller books. I thought, a man who reads, wow I am in love. Yet not to appear as a creepy husband stealer I simply commented, “I’m a writer and I am so pleased to see you actually reading books.” The father explained with a lovely smile that in their household the only unlimited spending for their sons was on books. Okay so maybe I will be a creepy husband stealer.

Books have been my elixir for my entire life. I have a distinct memory of walking into the Bridgehampton Library and the smell of the books in the stacks, a bit musty but not one of decay, one of a well-worn life. While many of my friends considered a trip to the Candy Kitchen for a black and white milkshake to be the most en-

ticating treat, for me it was the chance to peruse Nancy Drew and Black Beauty and Pearl S Buck. Books were my magic carpet ride to another world outside of myself, and as an awkward, shy kid my summer reading list allowed me to travel to different cultures, times in history, and a roadster in a peplum blue suit to solve mysteries.

As I looked around at the other people at that restaurant, I noticed they were on their phones and their social media and talking about their Instagram likes. The whole point of a good book is that it takes you out of your world and exposes you to something different. This next generation was instead immersed in their own personal worlds, a group of girls obsessing over the best filter to perfect their appearance. I wanted to go over and offer to buy them each a copy of Emily Prager’s “A Visit from the Footbinder,” but figured one stalking of strangers per night was my limit.

As a writer I feel a bit of the Blue- Footed Booby, not a bra size reference but a path to extinction. A number of us who recently won awards from the National Society of Newspaper Columnists were on a chat not about the honor and distinction but of shrinking newsrooms, budgets, audiences and any possible path to make a living as a writer. There is virtually no other career where people expect to consume your hard work for free. Sure, it is easier to commit to a TikTok video than Tolstoy but where is the reward? We are addicted to distraction instead of enlightenment. Yet there is redemption for book worms, reading actually improves not just your mental health but your physical health.

A study at Yale University in 2016 followed 3635 participants for 12 years and concluded that “Book readers had a 23-month survival advantage and experienced a 20 percent reduction in risk of mortality over the 12 years of follow-up compared to

non-book readers.” Another study at Stanford University in 2012 presented “This is your brain on Jane Austen.” They found that reading Jane Austen resulted in dramatic and unexpected blood flow to various parts of the brain. (Curious if those were Mr. Darcy passages.)

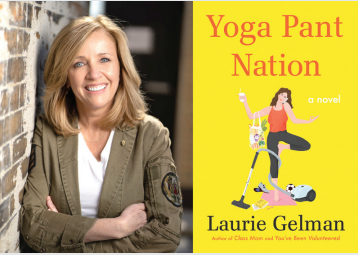
A powerful imagination has saved many a soul. Every person hits hard times (especially if you just survived this brutal Mercury retrograde) and a chance to just sit with a book and let your mind go somewhere else is a blessed relief. Reading also expands your horizons to people, places and cultures that are different from you, and in these polarized times we need that more than ever. I understand that it was King Richard III who in the midst of battle called out, “My kingdom for a horse,” but given the challenges of surviving as a writer in the current world I would say, “My kingdom for a book.”

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Beach Reads For Your Beach Bag

By Nora Lawlor

The heat is on as summer is full swing for 2021. Many will be making their way to the beach for some relaxation in the sun. There are many good reads to take with you in your beach bag to pass the time. Here are my choices.



Yoga Pant Nation by Laurie Gelman

The hilarious and irreverent Jen Dixon is class mom — again — in “Yoga Pant Nation” by Laurie Gelman, out July 13. In the third book of the “Class Mom” series, Dixon’s final year as class mom is a breeze until the PTA president asks her to champion the school’s annual fundraiser, a notoriously challenging job, which, as we know, is right up her alley. The author of “Class Mom” and “You’ve Been Volunteered,” Gelman has appeared on “Live with Kelly and Ryan,” “Watch What Happens Live,” and “The Talk,” among others.

hudsonbooksellers.com

The Charisma Factor by Leesa Rowland

Author Leesa Rowland’s “The Charisma Factor: Unlock the Secrets of Magnetic Charm and Personal Influence in Your Life” is available in bookstores nationwide and electronically, “The Charisma Factor” is the ultimate handbook that unlocks the mysterious formula for charm and influence. This book will improve the way you communicate and interact with others.

leesarowland.net

Cloud Nine: Memoirs of a Record Producer by Richard Perry

Richard Perry is a man of many words about music. From a young age, he knew that his destiny was to bring songs into the world. The Special Merit Grammy Award recipient’s new book “Cloud Nine: Memoirs of a Record Producer” is as thrilling as the legendary performers he has produced music with that include Barbra Streisand, Carly Simon, Ringo Starr, Harry Nilsson, Leo Sayer, Rod Stewart, Art Garfunkel, and the Pointer Sisters.

richardperrymusic.com

GAWKER SLAYER by Charles Harder

National litigation and trial attorney Charles Harder recently released his new book, “GAWKER SLAYER: The Professional and Personal Adventures of Famed Attorney CHARLES HARDER.” Dubbed “the highest-profile media lawyer in America” by The Hollywood Reporter, and “Hollywood’s favorite lawyer” by Financial Times, Harder tells his story for the first time. With “GAWKER SLAYER,” Harder takes readers on a journey of his biggest cases, including his landmark \$140 million trial victory against Gawker Media on behalf of his client, Hulk Hogan.

harderllp.com



The Vedic Perspective

By Amy Kalaczynski

Letting Go

In Vedic Meditation, each time we meditate we are practicing letting go of control. We are taught that during meditation we easily and effortlessly repeat a mantra and then release the idea of having to hold on to it. We do not mind if the mantra changes in pronunciation, gets louder or softer, or is completely forgotten. Whatever happens during meditation, happens for good. By practicing this approach twice each day, we are preparing the mind so that letting go

becomes something we can do outside of meditation as well.

Life will give us experiences we may not be expecting and we must learn to let go of trying to control them. Control is the opposite of evolution. When we let go of trying to control a situation, or let go of trying to change it, we are able to be present to the actual experience. When we become present to the actual experience, energy moves through us so that we can

move forward with life. If we try to control something, it is like trying to swim against the current. No matter how hard you swim, you are ultimately going where the river wants to take you. In the Vedic perspective, the river is always taking you towards evolution. It is up to us if we are going to enjoy the ride or fight against it.

Our job is to notice when and why we are trying to control something, and then feel it move through you.

Typically control comes from a place of fear. According to the Veda, fear is an illusion. In order to be afraid, there must be an “other” to be afraid of, and if we are all one thing, there is no such thing as “other.” With fear removed, we are able to move forward in life with the comfort of knowing that evolution is the only thing that is ever happening. The changing nature of the universe is always progressive so let go of control and enjoy the experience!

Don’t Miss: July 2021

Jet Sweat presents a series of wellness events at A Room At The Beach in Bridgehampton throughout July. The series begins on Saturday, July 3, with Restore & Rebalance with Eric Salvador from Fhitting Room and Vanessa Chu from Stretch*d. There will be collaborations throughout the month with ModelFIT, Liteboxer, BodyRok, 305 Fitness, and Body Space Fitness.

Hero Beach Club in Montauk will hold wellness activations on Saturday, July 3. The day includes DanceBody Sculpt at 9:30 AM and a CosmicRx energy clearing from 9 AM to 11 AM.

Topping Rose House in Bridgehampton presents a **Veuve Clicquot Independence Day Champagne Pool Party** on Sunday, July 4, from 1 to 5 PM.

Taylor Barton and Guild Hall present **G.E. Smith’s Portraits** featuring Masters of the Telecasters with Jim Weider on Monday, July 5.

Broadway Out East will take place this summer at **Calissa** in Water Mill with a series of performances by some of Broadway’s most entertaining stars including Tituss Burgess, Brandon Victor Dixon and Joshua Henry. Performances will take place weekly from July 8 to September 2.

The 17th annual **Hamptons Opening** fundraiser for the **Samuel Waxman Cancer Research Foundation** will be held on Saturday, July 10, in Bridgehampton. The event will honor Chef David Burke, HUGO BOSS Fashions, Dr. Kenneth Mark,

and Natalie Cohen Gould. The event is co-chaired by Randi Schatz, Brown Harris Stevens’ Mark D. Friedman, and James Lane Post Editor Jessica Mackin-Cipro. The event takes place from 6:30 to 10:30 PM.

The **Children’s Museum of the East End** and luxury outerwear brand MARFA STANCE will co-present a **Summer Ladies Night** in support of the Museum’s Food Pantry. The event is hosted by Lisa Frolich, Barrie Glabman, Aima Raza, Wednesday Martin, Kristin McGee, Lizzie Tisch, and Mary Wassner on Tuesday, July 13 at 6 PM at a private residence in Sag Harbor.

The **East Hampton Historical Society** presents the return of the **East Hampton Antiques & Design Show** on the grounds of Mulford Farm, Saturday, July 17, through Sunday, July 18. Interior designer Marshall Watson is the Honorary Chairperson of the Friday, July 16, Preview Cocktail Party, which offers patrons an early buying opportunity for antiques, jewelry, textiles, collectibles, and timelessly chic furniture and accessories.

The **Clamshell Foundation** will host its annual fireworks show on Saturday, July 17 over Three Mile Harbor in East Hampton. The event is funded by public contributions. All proceeds raised from the show will go to children in the community and the goal is to raise \$40,000. Donations can be made by visiting www.clamshellfoundation.org/donate.

Saturday, July 17 is Community

Day at **The Watermill Center**. Experience the 10-acre property as it features art installations and performances by Catherine Galasso, Laurie Lambrecht, Jermonie Liggins, and The Wide Awakes; as well as Art Quest: a self-guided tour and scavenger hunt. The afternoon will conclude with a presentation by Robert Wilson, the Watermill Center’s artistic director.

“**Art: BEYOND THE STREETS on PAPER**” at the Southampton Arts Center will open on Saturday, July 17, at noon. The show explores experimental processes to imaginative works seen on paper from artists who trained in, and were inspired by, graffiti, street art, hip-hop, punk rock, zines and underground art. The show is curated by Evan Pricco and Kim Stephens.

James Lane Post along with Discover The Hamptons will host a series of networking events titled “**Community, Connections, & Conversations**” throughout the summer at Calissa Restaurant in Water Mill to celebrate and foster community connections. A small business focused networking event will be held on Tuesday, July 20, from 5:30 to 6:30 PM.

On Wednesday, July 21, from 5:30 to 7:30 PM, **Bedside Reading** will host its first summer book signing event at Lucille Khornak Gallery in Bridgehampton with authors Annabelle Bryant, Amanda M. Fairbanks, Laurie Gelman, Debby Kruszewski, and Margaret Rodenberg.

dieFirma, an artist-run platform anchored in New York’s Cooper Square, will return to its Shelter Island outpost this summer, featuring an event and exhibition series in an intimate and wild woodland garden. Highlighting returning artist Bill Miller and sculptures by the late Gloria Kisch, dieFirma will host a full calendar of art events including site tours, workshops, creative demonstrations, and a series of artist talks from July 21 to August 8.

“Listen, dance and groove” as the **LongHouse Reserve** presents “**Say Yes.**” Say yes to dressing up in colors, say yes to champagne, wine, food, music galore and an Artsy auction. It all happens on Saturday, July 24 at 6 PM.

The **HamptonsFilm Summer Docs** series continues with Sony Pictures Classics’ “The Lost Leonardo,” directed by Andreas Koefoed, on July 24 at 8 PM at Guild Hall. HamptonsFilm Co-Chairman Alec Baldwin and HamptonsFilm Artistic Director David Nugent will lead conversations with the filmmakers and guests.

The **South Fork Natural History Museum** will present its 32nd annual gala, “The Journey Forward: Reconnecting Through Nature,” on Saturday, July 31, from 6 to 9:30 PM. The event honors Dr. Indy Burke, Michael Gerrard, Chef Kerry Heffernan, Kim and Greg Lippmann and family. It’s hosted by Carole Crist and Dottie Herman, along with event ambassador Chef Alex Guarnaschelli.

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