

# James Lane

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## EVA LONGORIA

BRINGS CASA DEL SOL TO THE HAMPTONS p. 3

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# Casa Del Sol

## Eva Longoria brings female-founded brand of tequila to the Hamptons

By Jessica Mackin-Cipro



Alejandra Pelayo, Eva Longoria, Mariana Padilla. Photo by Brian Bowen Smith

Casa Del Sol, a new luxury sipping tequila co-founded by actress, producer, activist, and philanthropist Eva Longoria Bastón, is inspired by the magic of golden hour and the Aztec goddess of agave, Mayahuel. Tequila is a romantic, ritual spirit steeped in tradition and mysticism, and Casa Del Sol, created in the Altos de Jalisco region of Mexico, aims to celebrate those traditions and the women behind these traditions.

Longoria celebrated Memorial Day weekend in the Hamptons with Casa Del Sol, where they hosted a series of events — Paris Jackson performed at the Stephen Talkhouse, and parties were held at Moby's, The Surf Lodge, Montauk Beach House, Bounce Beach, Pierre's, and Il Buco al Mare.

And while the tequila speaks for itself in terms of taste and quality, it's the story behind the brand and the team of women that bring the product to life.

Longoria is well known for her role as Gabrielle Solis on the ABC series "Desperate Housewives," where she received a Golden Globe nomination and a Screen Actors Guild Award. In 2012 she founded the Eva Longoria Foundation, with a mission to "help Latinas build better futures for themselves and their families through education and entrepreneurship." She has also been an executive producer of social issue documentaries, including "Food Chains" and "The Harvest." And she was co-chair of Barack Obama's reelection campaign.

Mariana Padilla, the Artesana Tequilera, is a Mexican-based artisan and entrepreneur. She's also the daughter of Paco Padilla, the cultural ambassador of Jalisco. Her family has deep roots in the tequila industry, and she grew up surrounded by some of the greatest Maestros Tequileros.

Alejandra Pelayo is also based in Jalisco, and oversees the production and quality control of our distilling process, bottling, and sustainability. She is a protégé and goddaughter of the late Francisco Alcaraz, master distiller of one of the most successful tequilas in the world. Her work continues with Casa Del Sol where she honors his legacy, while making her own mark on the industry.

As President of Casa Del Sol, Colbi Corbett brings years of expertise, having built businesses and conceptual and innovative partnerships with brands like Google, Williams-Sonoma, and Warner Brothers. Her industry experience began at Casamigos where she served as the director of strategic partnerships prior to its sale to Diageo.

Where most tequila brands source whiskey barrels from the United States, Casa Del Sol partnered with Laurent Martell, the ninth generation of the Martell family in France, and sourced Cognac barrels handcrafted using French Limousin Oak. These unique barrels are widely regarded as some of the most desirable in the world because of their loose grain. This open grain imparts certain characteristics of the oak that soften and enhance the spirit.

It's this unique barrel aging process that results in a distinct flavor and aromatic profile where New World Mexican artistry meets Old World French craftsmanship. The final product is a sophisticated duality of two designated regions.

### Can you talk about how Casa Del Sol is uplifting the voices of women as well as celebrating your Mexican heritage?

**MP:** Heritage is so important to me — I describe it as the connection that the universe brings me, full of blessings through time and generations. Celebrating my Mexican heritage through Casa Del Sol is how I show my appreciation for my culture, also allowing me to share Mexican history with all of the women involved in this beautiful brand. Women have always been so strong, intelligent, and creative, while leading their lives with love to be the best they can be. We pride ourselves on the fact that Casa Del Sol inspires so many women to reach all of their dreams that once seemed so far away — we hope to change that far away feeling.

**EL:** It is always my mission to uplift the voices of women and my Mexican heritage, so that others may be inspired by the limitless genius and artistry that is rich in our communities.

### Mariana, can you share with us your family's history in the tequila industry?

**MP:** I grew up in a family full of Mexican

traditions. As a ceramic artisan and singer-songwriter, my father, Paco Padilla, is a cultural ambassador to the community of Jalisco. With everything he does, his work gives power and a voice to our culture. My father is also a chemical engineer, which introduced him to the tequila industry. He is close friends with, and works hand-in-hand with all of the best master distillers in Jalisco. Through his work, he is always trying to showcase our traditions, and the importance of our Mexican heritage. Following my father's footsteps, it is important for me to keep this rich culture and heritage alive, utilizing my powerful role at Casa Del Sol to do this.

### Tell us about how the tequila is inspired by the magic of golden hour and the legend of the Aztec goddess of agave, Mayahuel.

**CC:** Tequila is a romantic, ritual spirit steeped in tradition and mysticism. We like to say our tequilas are best sipped at sunset, when the hour is most magical and the skies turn golden. Our tequilas exude a subtle warmth that is so smooth and sweet you want to hold it on your tongue and savor it like the last drop of day. It's that moment that you can feel but can't describe — you feel charged like warm energy.

**MP:** The Aztec Goddess of Agave, Mayahuel, is extremely important to Mexican culture and the history of tequila. She's often overlooked in stories, yet you see her painted in murals all over Mexico. It was important that we honor the Goddess of Tequila, and the legend of how tequila was actually unearthed. Mayahuel is a part of Casa Del Sol as she seems to rise when the sun goes down, filling us all with her beautiful energy, while dignifying the work of women in the tequila industry.

### Why is legacy and authenticity such an important part of this brand?

**MP:** Casa Del Sol is the product of generations of knowledge and decades of tradition. Influenced by one of the world's oldest and greatest Cognac families, and one of the most celebrated and artistic expressions of Mexican culture. We are very lucky to have grown up under and around some of the most prolific master distillers. We want to honor the craft of the generations that came before us while also focus-

ing on the legacy we want to leave behind.

### Tell us a little about the Altos de Jalisco region of Mexico.

**AP:** Los Altos is one of the biggest areas of tequila production in Jalisco. The soil there is very unique, the color is like reddish clay, and it is rich in minerals. The weather is tempered and you can see the majestic agave field, which is one of my favorite views. Los Altos is also a bit more shaded from tourism than other regions of Mexico. Arandas, where our agave and distillery are located, is a very special area since it is not as touristy as other parts of Mexico.

### Can you explain why you use Cognac barrels from France and how it enhances the tequila flavor?

**AP:** It is all about the flavor profile. Cognac barrels handcrafted using Oak from the French region of Limousin are more porous, and offer a more pronounced flavor profile that is quite heavy on vanilla. Unlike bourbon or whiskey barrels, which are commonly used to make tequila, Cognac barrels are not heavily charred. This light roasting allows the natural vanilla and spicy flavors of the Limousin oak to be expressed or absorbed into our tequilas (without the need of artificial flavors or sweeteners). Our barrels were once home to some of the most expensive XO Cognacs. The craftsmanship, level of detail, and time that goes into making Cognac (sometimes decades) is unlike any type of barrel you'll find in the world.

### Being part of a female-run business, do you have advice you would give to female entrepreneurs starting out?

**AP:** Surround yourself with people that support and respect you not only as a woman, but as a professional. Any chance you get to support other women, always take it — even the smallest gesture means a lot.

### Can you tell us about some of the programs you're offering to level the playing field for women?

**AP:** We are so excited to have these programs based on the community's needs. To make the most impact, we are focusing

on female empowerment, education, and health. We are currently offering financial literacy programs, along with dental services to the women who are involved in our production.

### Tell us about your plans this summer in the Hamptons. How were the Memorial Day Weekend celebrations? Have you enjoyed the East End's golden hour?

**MP:** We will have a summer full of fun events, parties, and activities in our House of The Sun. During Memorial Day Weekend, we enjoyed golden hour by sharing our tequila Blanco, Reposado, Anejo, and the latest 11:11 Anejo Reserve with our guests. The Hamptons is the perfect environment, full of scenery and magical energy, to share our passion and joy for tequila with our guests. More to come here very soon.



## Summer Sol

- 1/2 ounce agave nectar
- 1 ounce lemon juice
- 2 ounces Casa Del Sol Blanco Tequila
- 1 ounce water
- 12 blueberries (6 to muddle & 6 to garnish)
- fresh mint swig

In a shaker, muddle 6 blueberries with agave nectar, then add ice, lemon juice, water, and Casa Del Sol Blanco tequila. Shake very hard and pour over ice. Garnish with 6 blueberries and fresh mint. Drink. Repeat.



# She Pivots

## A podcast by Emily Tisch Sussman, powered by Marie Claire

“She Pivots: The Podcast,” which launched this spring, is a new series from Emily Tisch Sussman featuring fascinating conversations with a diverse group of women who have successfully reinvented their professional careers. The series celebrates and explores a variety of powerful women who have made bold decisions with a view towards inspiring others to pursue their own non-linear paths.

The podcast is in partnership with Marie Claire and is centered on highlighting women who have pivoted, how their personal stories inspired this change, and what brought them to success. This marks the first podcast partnership for Marie Claire.

“For years we have defined success as getting to the top of the corporate ladder, or by dedicating years to a singular career. That narrative is shifting as women across industries are looking for a change. These driven, confident, and inspiring women utilized their own experiences and personal circumstances to pivot into a new career and in turn, garnered more success than before,” shared Tisch Sussman. “The podcast interviews women who have successfully changed their professional path and pivoted to a career that uplifts other women and follows their passions.”

“Marie Claire is all about empowering women and telling inspiring stories of impactful people who are making transformative change across the board,” said Danielle McNally, Executive Editor of Marie Claire US. “We are excited to partner with Emily,

a longtime friend of and resource for the brand, on ‘She Pivots: The Podcast,’ helping celebrate strong female leadership and shine a light on an extremely diverse group of women and their careers.”

Guests being featured include award-winning actress, model and founder of Beginning Is Now, Brooke Shields, co-founders of First Women’s Bank and Detroit Blows, Sophia Bush and Nia Batts, Emmy award-winning TV Host, Michelle Park, TV personality and founder of Skinnygirl, Bethenny Frankel, co-founder of McBride Sisters Wine Collection, Robin McBride, Peloton instructor, Selena Samuela, and more.

On June 23, Emily held a dinner in Water Mill to celebrate women and their many pivots.



Photos by Marcela Cassolin

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# Amanda Freeman

## How SLT's Founder/CEO is paving the way for other female entrepreneurs

By Nicole Teitler



Entrepreneurship is no longer a male-dominated field. Women-owned businesses are on the rise, steadily closing in on the gender gap at over 40 percent. And Amanda Freeman, founder/CEO of boutique fitness brand SLT, has proven herself to be a successful serial entrepreneur in the wellness space. But there's another industry Freeman is fluent in, one where women make up less than one-third of the market — angel investing.

We caught up with Freeman to learn more about her business background and how women can strengthen their presence in the financial field.

### How has your strong business background contributed to your success?

I had been a trend forecaster for the first part of my career where I honed my skills studying consumer behavior and translating macro and micro trends for a variety of brands. I went to Harvard Business School. I started two businesses, one of which was in the health and wellness space that ultimately led me to start SLT (The Experience Club). Then I co-founded a business called Vital Juice. It was while running that business that I become obsessed with boutique fitness. All of those experiences led

me to SLT and enabled me with a variety of relevant experiences.

### Do you think a stronger fitness background would have shaped SLT differently?

I actually think SLT benefitted from the fact that I had an MBA, not a Pilates certification. I believe it has served the business well to be pure to its combination of cardio, strength training, and Pilates. But if I had a strong background in another fitness genre, I'm confident I would have infused that into the SLT method. It was also important that I learned to be an instructor early on (I still teach today!). It gave me more credibility with my team and allowed me to walk the walk and talk the talk and understand all the details of the workout and our clients.

### It's clear that women are just as capable of running businesses as men, but not as many pursue it. How can we, as a society, change that?

Three things have to happen for that to change. Women need to be encouraged to pursue entrepreneurial and investment-focused careers early in their life. More

female entrepreneurs and investors need to serve as mentors and sponsors for aspiring female entrepreneurs. More men need to serve as mentors and sponsors for aspiring female entrepreneurs.

### You've invested in several female-founded businesses — The Wing, Carbon 38, WTHN. How do you identify what business model works?

I invest mostly in female-founded businesses. Female entrepreneurs actually tend to have stronger track records than male entrepreneurs. When investing in a business it's important to identify a scalable business model, a hard-to-replicate brand or product/service offering, and a talented, decisive, and adaptable founder.

### In 2020 only 22 percent of angel investors in the U.S. were women. What do you feel holds women back from closing that gap?

Angel investing requires three key things: capital to invest, interest in investing, and the willingness to take a major risk and lose all your money. Sadly, I think all of those are traits more commonly found in men. Women are less likely to have enough of their disposable income to allocate to

such a high-risk investment category. On that note, women tend to be more risk-averse than men in my experience. Lastly, women have fewer female role models guiding them in the field of investing.

I've had one strong success and a few likely failures. However, most of my investments are still outstanding. When it comes to investing, it's important to invest in people you believe in, first and foremost. I also like to invest in businesses I'm passionate about, more often the sexier businesses. However, that isn't always the best strategy.

### As a former trend forecaster, what's the next frontier in health and wellness?

The past 15 years have brought no shortage of newness in the world of health and wellness. Some of my favorite things I anticipate in the year to come to include:

**Face Fitness:** Look for Face Gym, Face\*ssage at Stretch\*d, and other facial exercise and massage-focused businesses — massage your face or buy a face roller, or better yet, get a personal trainer for your face.

**Lymphatic Drainage:** The detox of choice is constantly changing. A form of gentle massage in which lymph fluids are moved around the body, known as lymphatic

drainage massage, will be the toxin-removing obsession.

**Inclusive Beauty:** Beauty is poised to address the previously underrepresented. With gender-neutral fragrances, halal skin care, and makeup that more accurately represents the skin colors and preferences of minority groups, inclusive beauty is in.

**Recovery:** The demand for relaxation, stress relief, and recovery is higher than ever. Expect to see more adoption of everything self-care, including infrared sauna blankets and saunas and guided or assisted stretch sessions.

**Mellow workouts:** Work hard, play hard used to be the reigning philosophy. These days we're seeing a shift in mentality. Expect to see the rise in lower impact, lower intensity workouts routed in workouts like Pilates, yoga, and weight training. Fit folks are getting more satisfaction from less rigorous workouts.

### What's next for you?

I almost always have my next idea brewing. I'm currently working on a pickleball club concept with a venture group I work with.

You can meet Amanda Freeman on Tuesday, July 19, at The Baker House 1650 where she will be a featured panelist at the Empowered Movement wellness event. Visit [jameslane-post.com](http://jameslane-post.com) or [Eventbrite](https://www.eventbrite.com) for tickets.

# James Lane

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## Editor's Note

Welcome to our July issue. We hope you enjoy reading the features on the following pages.

From our entire team, we wish you a wonderful summer season enjoyed alongside friends and family.

Follow along on our website, [jameslane-post.com](http://jameslane-post.com). And if you see James Lane Post around town, be sure to tag us on Instagram @jameslane-post!

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Brian Kelly, Matt Rubenstein, Matt Classens.  
Photo by Eric Bonnetain

## The Clubhouse

### Summer programming includes Amy Schumer, MGMT, & more

By Jessica Mackin-Cipro

The Clubhouse in East Hampton is bringing a variety of big-name entertainment to the East End. Emmy-winning standup comedian and actress Amy Schumer will perform live on July 23, with an after party with MGMT.

Following Schumer's performance, a portion of all proceeds from the show will be donated to The Retreat, a local East End organization, whose mission is to provide safety, shelter, and support for victims of domestic abuse and to break the cycle of family violence.

The Clubhouse's mission is to bring quality entertainment, accessible to everyone in the East End community and beyond. It's owned by the Rubenstein family, adjacent to their longtime business East Hampton Indoor Tennis.

Disco House with Roosevelt will take the stage on July 16. Dark Star Orchestra will be at the venue on August 14. And that's just the beginning for the organizers of these events. The Clubhouse teamed up with NY-based producers Murmrr to present. We spoke with Matt Rubenstein, Matt Classens, and Brian Kelly to learn more.

During the early days of Clubhouse, Rubenstein was booking local acts to showcase, and never planned for it to grow into national headlining acts the way it did.

"Covid hit and I'm like, 'You know what? If we're actually going to do this, let me renovate the whole indoor space.'" So they took the time to set up the venue for larger acts, creating one of the only hard ticket concert halls in the Hamptons. In 2020, once restrictions lifted, Jon Bon Jovi hosted a charity concert and in 2021 they

hosted Sublime.

After Bon Jovi, Rubenstein thought, "Maybe we have something here?"

"I've been in the music industry booking shows for over 10 years now, 300-plus concerts," said Classens, who grew up in East Hampton with Rubenstein. "I came back home during the pandemic, when there were no more shows and everything was shut down."

Classens met up with Rubenstein who told him they had recently installed a stage. "I was probably one of the only talent buyers in the country to be hired anywhere," he said.

"I had gotten wind from a friend out in Montauk that they had done a Sublime show," said Brian Kelly of Murmrr, who had worked on programming at Solé East and runs a 700-person venue in Brooklyn, doing shows for nearly a decade. "I met these guys and we hit it off. They just have really good energy and enthusiasm... It was a natural fit."

The goal of the programming is to provide a variety of talent to fit the venue's customer base. "The Clubhouse and the tennis club is already such a melting pot of different ages and demographics and backgrounds. And we're able to do different types of shows and hit different audiences," said Rubenstein.

Giving back to community is also something that is part of the team's core values. The Bon Jovi concert was for charity and proceeds from Amy Schumer will benefit The Retreat, which offers domestic violence support on the East End.

"When we did the Bon Jovi event, we donated to Meals on Wheels and Project Most. After, Matt and I sat down and said, 'Not only does it feel great to give back, I think the people in the community appreciated it,'" said Rubenstein. "The town has been so good to us. My parents grew up there. Whenever we can, whenever the event lends to this possibility, we love to have a charitable aspect."

"The idea that we have an artist like Amy Schumer that is aligned with what we're doing and is supportive, and that's part of her messaging, it made it even more meaningful," said Kelly. "She kind of got it immediately. And when we pitched her the idea this is what she wanted to do and I think that really adds value in terms of getting the messaging out and trying to raise as much money as possible for the actual cause."

"As the East End's only domestic violence organization, The Retreat applauds Miss Schumer's courage and generosity in support of survivors," read a statement from The Retreat.

"It's really been a pleasure and I'm spoiled to have these guys right there with me," said Rubenstein. "I'm just excited to see the venue come alive."

Many on the team, including manager Sean McKenna, echo the sentiment. "It's a unique property with endless potential, multiple revenue centers, and the ultimate challenge," he said. "The Rubensteins are a great family."

Visit [murmrr.com](http://murmrr.com) for tickets to events.

## Guild Hall's Offsite Season



Florence Fabricant. Photo by Fred R. Conrad/The New York Times

Guild Hall in East Hampton presents a summer of performances, site-specific art installations, culinary creations, and many more multidisciplinary offerings. While Guild Hall's home undergoes capital improvements, its programs will travel to a variety of sites across the East End.

Guild Hall: Offsite presents The Potions of Love: Bel Canto Arias and Ensembles featuring South African soprano Brittany Smith and Puerto Rican tenor Juan Hernández on July 30.

The offsite exhibition "NOW HERE" at the Amagansett U.S. Life-Saving Station, will take place from July 16 to September 30. The No W Here Collective, made up of artists Alice Hope, Bastienne Schmidt, and Toni Ross, will respond with installations, indoors and out, to the Life Saving Station's faking box (a box in which a long single rope is arranged back and forth so it doesn't become entangled when shot to a vessel in distress); seen as the emblematic artifact in the Station's collection that emanates their mission — to save lives.

New York Times food and wine writer Florence Fabricant is back with a new take on the popular Stirring the Pot series of conversations with culinary celebrities. This year the unmissable program will get cooking at three unique sites, beginning on August 7 at the newly opened Roberta's Montauk for a conversation and mozzarella-making demonstration, followed by a family style lunch. The second event will be all about spirits at Sagaponack Distillery on August 21, featuring tastings and an in-depth discussion about the distillation process and how the riches of the Foster family farm come into play. Finally, Chef Eric Ripert of Le Bernardin will chat with Florence about his new book "Vegetable Simple" at The Hayground School on August 28, and guests will have the opportunity to sample his sumptuous Vegetable Ratatouille.

## July At WHBPAC

### Candace Bushnell, Whitney Cummings, Celesse, & more

Bestselling author and the real-life Carrie Bradshaw, Candace Bushnell, is bringing her critically acclaimed one-woman show "Is There Still Sex in the City?" to Westhampton Beach Performing Arts Center on July 9 at 8 PM. Billed as the ultimate girls night, Bushnell takes the audience on a splashy trip down memory lane, dishing on all things love, life, and New York City — all while pouring Cosmos in Manolos. Her story wraps up in Sag Harbor, a fitting connection to the East End.

Bushnell's glamorous Manhattan lifestyle is the basis for the hit show "Sex and the City," but her new work focuses on the next chapter of her life. Whereas "Sex and the City" infused Bushnell's 30-year-old persona into that of a young Carrie Bradshaw, "Is There Still Sex In the City?" stars Bushnell as her present self, recounting stories from the post-SATC chapter of her life. She's still

sipping drinks in designer clothes, but she's also wiser having undergone a divorce at age 50 and settled in the Hamptons.

Additional highlights at WHBPAC this summer include comedienne Whitney Cummings and her Touch Me Tour on July 1 at 8 PM. "The Touch Me tour will be a big ol' party and celebration of LIFE!" reads the show's description.

Celesse, a singer, songwriter, multi-instrumentalist, performer, and spoken word artist, will perform on July 3 at 8 PM. On July 10, at 8 PM, singer-songwriter Stephen Marley, the second eldest son of reggae legend Bob Marley, will take the stage at WHBPAC.

The packed program of events also includes Chris Isaak, Lyle Lovett and his Large Band, Jay Leno, Keb' Mo', Kelli O'Hara, and more.

Visit [whbpac.org](http://whbpac.org).



Candace Bushnell. Photo by Josh Leber

## Tuesdays at Main Beach

Tuesdays at Main Beach concert series will take place each Tuesday this summer in East Hampton, presented by the East Hampton Village Foundation. Shows start at 6 PM and kicking off the series will be Winston Irie on June 28. On July 5, Fred Goldring and LHT will perform. The lineup throughout the summer includes Jetty Koon, Hot Lava, Lynn Blue Band, Conga Cartel, Sarah Conway, Lone Sharks, Four Track, Nancy Atlas, Holiday Ramblers, Hello Brooklyn, Hoo Doo Loungers, Bayside Tigers, Reeb, Inner Roots, Dirty Organic, Rum Punch Mafia, and Rubix Kube.

Musical programming is by Nick Kraus and The Stephen Talkhouse. The concerts are free to attend.



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# Hamptons Tech Week

## Bringing the world of Web3 to the Hamptons

**H**amptons Tech Week, hosted by James Lane Post, Etherial Global, and Southampton Arts Center, will bring the world of Web3 to the Hamptons, July 18 to 21. The conference aims to educate guests on how Web3 is enhancing and progressing a variety of industries such as art, real estate, sports, environment, and fashion, while giving industry professionals a space to network and learn.

Guests are invited to join for a lively few days — filled with panel discussions, digital activations, and networking opportunities at Southampton Arts Center. The goal is to help further educate the East End community and its visitors about the opportunities in the world of Web3 in an intimate and welcoming setting on the East End.

On display at the Southampton Arts Center will be the exhibition, "TECHSPRESSIONISM — Digital & Beyond." The show reflects the expressive potential of electronic media. Curated by Colin Goldberg, the exhibition includes the works of more than 90 artists working with technology from more than 20 countries

around the world.

Additional networking events and exhibitions will be held at Arte Collective Contemporary & Fine Art in Southampton on Monday and Tuesday, while a closing VIP Brunch will be held at Bounce Beach in Montauk on Thursday.

The event's keynote opening speaker will be Emmy and Peabody Award Winner, NYU Media Studies Professor and media universe cartographer, Evan Shapiro. Shapiro will also host the panel "From Audience to Community: Entertainment and IP in Web3."

Speaker highlights include, Amber Allen, founder of Double A Labs; Jordan Norwood, founder of the White List; Skott Marsi, Crypto Whales / Street Artist, speaker / educator; Jesse Kirshbaum, Beats + Bytes Editor-In-Chief; Jennifer Frommer, SVP of partnerships & creative content at Sony Music; Doug Scott, co-founder of Subnation & chief creative officer; James Costa, founder of Club House Archives; and Jaclynn Brennan, CEO & Co-Founder of Fyli.

For tickets, visit [Eventbrite](https://www.eventbrite.com) or [jameslane.com](https://www.jameslane.com).



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# Empowered Movement

Nikki On The Daily & James Lane Post present fitness event with DanceBody at Baker House 1650

A new type of wellness event comes to the Hamptons this season with a morning dedicated to discovering your strength. Empowered Movement will take place on Tuesday, July 19, at 9:30 AM at The Baker House 1650 in East Hampton. The event will feature an outdoor panel discussion followed by an equipment-free DanceBody dance class. There will be healthy bites, beverages, and more.

Presented by Nikki On The Daily and James Lane Post, Empowered Movement will begin with a panel discussion featuring some of the wellness industry's top experts, and some of the Hamptons favorite instructors. Nicole Teitler of Nikki On The Daily will moderate a conversation between DanceBody's co-founder and COO Courtney Mariani, Paddle Diva's founder and CEO Gina Bradley, CoreBarre-Fit's co-founder Fred DeVito, and SLT's founder and CEO Amanda Freeman. Following the discussion will be a 60-minute Hip Hop Hits class on the English Lawn.

"I'm thrilled to be included in this inaugural event. Wellness is such an important part of the Hamptons experience, so it's wonderful to bring together some of the best fitness brands in the area that help make Hamptonsites stronger and happy. Empow-

ered movement is about gaining confidence, power, and strength from physical fitness and movement. A stronger body plus a stronger mind equals a better life," said Amanda Freeman.

"Paddle Diva strongly encourages everyone to take a little time every day to move their bodies, to feel more connected within themselves, no matter where they are. Movement, strength, confidence, and positivity, are all connected and Paddle Diva has been a brand that guarantees as you step off the board and back on to land you feel stronger, mentally refreshed, and more confident, all through this empowered movement. Often individuals get too caught up in the weight-loss aspects of fitness. What we strive to instill in our students is that if you do what you love, fitness will follow. We are thrilled to be part of this event," said Gina Bradley.

"The most important measurement is the way you feel and what better way to radiate that than joining together through movement" said Courtney Mariani. "I'm beyond honored to lead this event and I can promise after our workout, you will absolutely feel empowered to unleash all that's inside. The goal of empowerment through this workout is to build confidence and bring joy, to have fun and let go, to feel the absolute best you can, to



Clockwise from top left: Courtney Mariani, Nicole Teitler, Gina Bradley, Fred DeVito, Amanda Freeman

keep moving, and take that on each and every day. Passion, persistence, perseverance...all things that will lead you to accomplish your goals and face the obstacles ahead."

Empowered Movement will set itself apart from other Hamptons health and wellness events by focusing on strength as both a mental concept and a physical at-

tribute. Each panelist was carefully selected as they will discuss how their brand's implementation of movements empowers the mind-body connection in everyday life. DanceBody's low-impact dance cardio class Hip Hop Hits will be sure to have guests leave feeling their most confident and energized selves.

Partners include Scott's Protein Balls, OWYN, Barry's, Liquid Death, and Silverspoon Specialties.

The Baker House 1650 is located at 181 Main Street in East Hampton. Tickets are \$50. Visit [jameslane.com](http://jameslane.com) or Eventbrite to purchase.



## URGENT SUMMERTIME MEALS NEEDED

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## Kiss & Tell

By Heather Buchanan

### Unhappy Feet: Also Known As Gymnasts & Jesus

So, I was in my advanced pole dancing class, practicing the “fireman spin” and took a wrong turn and ended up breaking my ankle. Or at least this is the public version. The “I slipped down some stairs in flip flops and landed on the stone patio,” is not acceptable for a writer with any imagination. Even the doctor said I needed a better story. I am trying to project myself more Sigourney Weaver in Working Girl back from a skiing acci-

dent in Gstaad than James Caan in Misery. The phrase, “You don’t appreciate something until it is gone,” is more true than you can imagine. Being an active person who depends on daily exercise for physical and mental sanity, hearing you are grounded for up to six weeks sounds like a life sentence. The pain and helplessness standing on one foot with the other in an ace bandage barely able to hop is unbearable. I feel like that gymnast in the ’96 Olympics Keri

Strug after her last vault, although if it was Bela Karolyi who offered to carry me, I’d say, “Hold my beer, I’ll crawl.” And crutches are so 1980s — I am going to have to find a retired polo pony to get me around.

Life feels cruel. My hula hoop mocks me. My stilettos give me the stink eye. My pandemic sweats squeal with delight, “We knew you’d be back.” A long-planned trip to Paris has to be cancelled and now I have to “unfollow” the plethora of Paris travel sites I just added on Instagram so as not to weep when I check my feed. When my European charger arrives, I hurl it across the room. (You strangely get better at throwing things because it is easier to toss it where you need it to go instead of try to carry it on crutches.)

I am a tried and true Connecticut WASP so asking for help simply isn’t in my DNA. Being vulnerable is worse than wearing white after Labor Day. Yet the kind responses to my news ranging from prayer hand emojis to “I will drive three hours to pick you up and bring you to my house to care for you along with my three toddlers and two blind cats,” hit me on a solar plexus level. In a word, gratitude. I wonder if

asking a young, handsome lifeguard at the beach to carry me to my beach chair would fall into the category of handicapped access instead of creepy cougar.

Shopping for my new reality takes a depressing turn when I end up in the “senior” category for everything from chair yoga to a shower stool. I change tactics and search instead for “spa” shower stool which makes me feel a bit better. I also need an elevated sneaker to keep my other hip even with the boot and think I just need to find a woman who broke her left ankle so we could share a pair. When I saw an artist friend who had a boot on her left foot, I thought “Eureka!” until she admitted she was a size 10 and I am an 8.

As a writer who appreciates the power of words, there are so many phrases I now have to avoid. Putting my foot down. Giving someone the boot. Next steps. I think putting my best foot forward will still be okay until I smash the pinkie toe on my good foot and now only have only four toes participating in getting my body around. I ask my friend who broke her ankle last winter if she has any advice. She texts back: Stay off it.

Lots of ice.  
Vodka.

I tell my sister my bucket list — literally a list which just says bucket. As I bend over to put my poor wounded foot in lavender scented soapy water, I think of the biblical act of Jesus who washed the feet of his disciples which apparently got pretty dirty in the desert. I see the humility in the act. As I gently wash the swollen, black and blue foot I say, “Oh you poor thing. What a mess.”

I realize only I can perform this act because only I know the level of hurt.

Despite the intense solitude of an injury, there is immense comfort in the generosity of both friends and strangers who are willing to (can I say it?) step up to the plate. The trick is to ask with specific times and items needed. When you are forced to sit until your pink sheepskin crutch decorations arrive, you realize the incredible shades of green in nature, the entertainment value of a chipmunk on your porch eating a leaf, and the sensual caress of a warm breeze on your face. And I wonder, with a gleam in my eye, is there a chair version of pole dancing on YouTube?

## I Am Arbesu

A film by Christiane Arbesu



“I Am Arbesu,” a film by Christiane Arbesu, chronicles the filmmaker’s journey to Cuba to discover family after being separated by politics and geography for 55 years.

The documentary, which is equal parts heartwarming and heartbreaking, focuses on the love of a family that is stronger than generations of border restrictions. It’s a story about Arbesu discovering her land, her heritage, and reuniting with family.

“My father was the first ambassador of Cuba to Indonesia,” said Arbesu, who now resides in Hampton Bays where she has lived for 18 years. Her family left Cuba in 1962 to escape communism, seeking political asylum in Canada. “My dad and my mom realized the country wasn’t going in

the direction that they had hoped.”

The former diplomat, his wife and three young daughters defected, heading to Montreal while leaving behind parents, siblings, and cousins. Arbesu was born six months later in Canada.

When President Barack Obama opened up relations with Cuba in 2016, “I jumped at the opportunity,” she said.

The film, shot in true cinéma-vérité style, portrays a genuine love of family. From Arbesu’s meeting in the airport to her travels to meet both sides of her family in Havana, where her father and sisters were born, and her mother’s birthplace of Camagüey.

A film screening of “I Am Arbesu” will be held on Tuesday, July 5, at 6 PM at Southampton Cultural Center. Tickets are \$10.

## Jetti Poles

Exploring the Hamptons one stride at a time

Explore the Hamptons one stride at a time during a series of meet-ups throughout the Hamptons — hosted by a new fitness accessory, Jetti Poles. The community-driven initiative invites health enthusiasts to step up their walking routine using the sports-enhancing poles.

The series kicked off in June and will feature walks in Bridgehampton on June 29, East Hampton on July 13, Hampton Bays on August 10, and Southampton on August 24.

Jetti Poles transform a leisurely stroll into a full-body workout. JetSetters will experience the breathtaking scenery of The Hamptons while utilizing the poles to incorporate arm and ab movement for a walk that burns up to 55 percent more calories with every step taken. The meet-ups are free but capacity is limited. Visit Eventbrite for tickets.

## Montauk Film Festival

Set to run two weekends in July



The Montauk Film Festival is gearing up again this Summer to host a jammed packed festival, July 21 through July 31.

The festival kick-off party hosted by Surf Lodge, will be on Thursday, July 21, from 5 to 8 PM. There will be complimentary cocktails served to guests from 5 to 6 PM.

The opening night party will be at Solé East Resort in Montauk, beginning at 6 PM, on July 22, with special guest DJ Bailey spinning vinyls. Director Peter Hamblin and pro-surfer Albee Layer will be in house to introduce his latest film, “Sweet Adventure” with a Q&A to follow. There will be cocktails offered by Dos Hombres and Montauk Distilling Co. The opening night screening begins at 8:30 PM. Pre-purchased dinner and movie tickets will be available.

An awards and closing party will be held July 31 at George’s Lighthouse Café, from 6 to 8 PM.

Montauk Film Festival will screen at three locations in Montauk including Sole East, Hero Beach Club, and on

the grounds of the historic Second House Museum. Panel discussions and Q&As will take place throughout the festival.

Official selections in the festival include “Sweet Adventure,” directed by Peter Hamblin, and starring Matt Meola and Albee Layer; “Fresh Water,” directed by Ian Planchon and Lynn Melling; “Silent Partner,” directed by Aristotle Torres; “One All The Way,” directed by David Barram; and “Na Kama Kai,” directed by Ju Martins.

Sunday, July 24, will be a night dedicated to Women In Film, with panel moderated by a NYWIFT member.

MFF has selected a number of films by Long Island Filmmakers including “Monkey Bars” by Jacqueline Xerri, “We Are Bleach” by Zoë Greenbaum, and “Finding Sandler” by David Seth Cohen.

Movie-goers should bring picnic blankets and chairs to enjoy movies under the stars.

For more information, visit [montaukfilmfestival.org](http://montaukfilmfestival.org).

## Shelter Island Historical Society

Presents ‘Once On This Island’ to celebrate 100th anniversary

By Jill Carson

The Shelter Island Historical Society will celebrate its 100th anniversary by hosting “Once On This Island,” an exhibition of work by artists who have lived or worked on Shelter Island.

This exhibition is curated by Margaret Garrett and features the work of Karen Arm, John Chamberlain, Janet Culbertson, Willem de Kooning, Jules Feiffer, Alan Shields, Ned Smyth, and Garrett.

The showcased pieces were crafted anywhere between the 1950s and present day, ranging from abstract paintings to prints to sculptures to drawings to works on handmade paper to bronze works. Despite the diversity of these works, they all share the common thread of the influence of Shelter Island. The exhibition will be open for viewing through September 7.

John Chamberlain’s “Seawater Serenade.”



## SAAM Summer Fundraiser

The Southampton African American Museum will present its summer fundraiser on Thursday, July 28, at Blu Mar in Southampton. The event

is chaired by Jean and Martin Shafiroff and Aisha Christian and Michael Steifman. General admission tickets start at \$150. Visit [saamuseum.org](http://saamuseum.org).



# Hamptons United

## Give where you live

By Jessica Mackin-Cipro

Stacey and Kevin Kotler founded Hamptons United during the early days of the Covid-19 pandemic, creating a platform to give back and donate to reputable charities that serve the East End community. The foundation now supports 24 foundations throughout the community. We caught up with Stacey and Kevin to learn more.

### What inspired you to start Hamptons United?

**SK:** After relocating our family from New York City to the Hamptons in March of 2020 due to Covid, it became apparent very quickly that the local, year-round community on the East End of Long Island was significantly suffering from the pandemic's reach. My husband and I knew that we couldn't just sit around and not help those in need, so we began to do acts of kindness for those close to home in Southampton who needed immediate assistance.

**KK:** The just shut down of my health-care-focused investment company dovetailed into the early days of Covid. I was looking for opportunities to leverage my experience and to work on public good-type issues. The idea was to first work to help the local community, and we procured 10 oxygen respirator systems and related disposable sets to treat 100 Covid patients at Stony Brook Southampton Hospital. These systems were significantly less invasive and safer than the ventilators everyone else was using. Second, we purchased laptops for university students who were stuck in their homes with no library or wifi access to help them finish up their school year online. But we knew we needed something formalized...

**SK:** After speaking with Mayor Jesse Warren who said people like us wanted to help too but did not know where to donate, the idea for Hamptons United was born. In three weeks, the platform was up and running. A website highlighting local charities, where you could read about what

they do, how they have pivoted in Covid, and how you could immediately donate. We launched with nine non-profits, and two years later we now have 24 member organizations, and became 501c3 certified.

### Tell us about some of the local foundations you support and work with.

**SK:** Well, because we are trying to represent the entire Hamptons community — hence the name “Hamptons United,” we work with diverse types of charities. We are proud of the areas we are able to serve. For example, Heart of the Hamptons, a local food pantry, was the very first place we called. Food insecurity became such a problem during the early days of Covid, and people who had never needed food were lining up to receive food packages. Who would have thought... in the Hamptons! But this is the reality here that nobody is talking about. Kevin and I wanted to not only talk about it, we wanted to address it, and help to resolve it — one step at a time.

Other non-profits we work with include OLA of Eastern Long Island, Hamptons Community Outreach, The Retreat, and Supplies for Success, to name a few. We organized volunteers to purchase and deliver food to Hispanic families who had no access to transportation or employment, purchased and filled over 250 bags of groceries with food staples, donated dozens of bags of clothes to families all across the East End, delivered computers and printers to those organization lacking in technology, and planned several backpack-filling events to fundraise for necessary school supplies for underserved youths on the East End. If we look at the full spectrum of donations over the last 24 months through all of our non-profits as well as direct to Hamptons United, we calculate that about \$375,000 has come through our efforts.

### You launched Hamptons United during the early

### days of Covid-19. How has the need for non-profit support been amplified since Covid hit?

**KK:** The long-term impact to the East End because of Covid is definitely still felt today, and sadly, it has gotten worse. Food insecurity, homelessness, domestic violence, evictions, unemployment, illness, mental health, daycare, basic needs, abandoned animals — the list goes on and on. Non-profits continue to adhere to their original mission statements, but have been forced to stretch themselves to do much more with smaller budgets and less staff. For example, OLA historically never dealt with food insecurity, but with Covid, they put together a task force to help families who had no food on the table! Can you imagine? People who frequent the Hamptons from New York City only on the weekend will go out and have no trouble dropping \$200 or more on a dinner for two on any given day. That same \$200 could feed an entire family for two weeks. Think about that. OLA did... and so did we. Our volunteers delivered dozens of bags of groceries, and fed the families in the most dire need. It takes a village, and there is much more that needs to be done.

### Tell us about the documentary film you're involved in.

**SK:** This is really exciting! Right when Hamptons United was formed I was on the call talking about how the “invisible” in the Hamptons need to be “visible.” The public must be educated and understand the plight of low-income, immigrant, and underserved families living on the East End. I said, “What we really need is a documentary film!” Fast forward to today, and a film working to shed some light on the problems facing immigrant children on the East End of Long Island is in its final editing phase, and should be released at some point in the fall. I can't talk about all the details just yet, but an incredible team worked tirelessly to make this happen, and Hamptons United is honored to be partnering with them to help get the word out about this important endeavor.

### You now have 24 non-profits under Hamptons United umbrella. What do you see for the future?

**SK:** To keep growing! We want to increase the number of eyeballs on local non-profits who may not get the attention they deserve. If we can help one additional student attend their high school prom, send one additional child to summer camp for two weeks, one more meal served to a homebound adult, or one more set of school supplies delivered to a preschooler



Stacey & Kevin Kotler

who cannot afford them, then we have made a difference. It is a combination of acts of kindness, organizing, and executing these efforts, and raising money to make it all happen. People want to help — but somebody has to connect those who “can do” with those who “cannot.” That is what Hamptons United is all about.

Our tag line is — “Give where you live.” People who moved from New York City to the Hamptons full-time plus those who come seasonally need to start giving now more than ever. The Hamptons is everyone's happy place. Let's work to keep it that way long-term.

### Any other upcoming events or partnerships you'd like to share?

**KK:** Yes. Our most recent partnership is with Union Square Play based in New York City. This unique play space for tod-

dlers with several Manhattan-based locations, opened two summer pop-ups in the Hamptons, and a percentage of all profits of their Bridgehampton Summer Series will be donated to Hamptons United. Our missions are truly aligned, and USP is focused on giving back locally. We are thrilled to be working with them.

Our next big project will be organizing a Hamptons United Non-Profit Round Table where we connect representatives from each of the non-profits on our platform to share ideas on how we can all be working together more efficiently and effectively. There is a lot of overlap, and the hope is to work as a cohesive group rather than individual silos.

We really are a united community, and we look forward to more collaborations like this in the future.

Visit [hamptonsonited.org](http://hamptonsonited.org).

# Dr. Cindy Bressler

## Opens WAVE center, an emergency all night veterinary hospital in the Hamptons

Dr. Cindy Bressler, longtime Hamptons and New York City house-call veterinarian, will open the first-of-its-kind emergency all night veterinary hospital in the Hamptons, WAVE Center for Veterinary Emergencies.

“In all the years I have been a house-call vet here in the Hamptons, we have had to transport pets in dire situations at night to the closest emergency hospitals an hour or two away for full-scale treatment, and very often pets don't make it in time,” said Dr. Bressler. “Opening this clinic will bring emergency care home, and with it, greater chances of survival.”

Dr. Bressler has provided on-call availability and emergency care for pet owners in the Hamptons since 2003, but often cannot cover all aspects of emergencies

on her own. This endeavor will bring vital resources to a local site, allowing Dr. Bressler and her team to address emergency cases fully, and quickly to stabilize more specialized cases for transfers to larger emergency facilities when necessary. The hospital will be staffed with emergency doctors and ICU nurses.

“In busy summer seasons, the lack of a local emergency hospital was often tragic and eliminating the need for patient transfers could have changed the entire story,” said Dr. Bressler. “Many more lives can be saved now.” The pandemic has further exacerbated this necessity. Dr. Bressler added, “The Hamptons are known to offer a wealth of amenities, but in an era of pet abundance fueled by Covid, our residents and visitors can't go another summer without an immediate emergency night vet hospital.”

We spoke with Dr. Bressler to learn more about the WAVE Center.

### Tell us about your background as a veterinarian. What inspired you to be a vet and what brought you to this point?

I always wanted to be a Veterinarian since I was young and wanted help any animal who was sick. I accomplished my dream graduating from Veterinary school in 1994. I completed a residency in internal medicine and rotated through emergency so I could be the best doctor that I could be. After years of working in specialty hospitals I started a house call emergency practice in the Hamptons. I have worked all night for 20 years treating animals while the local clinics were closed. Despite the work I have done and the lives we have saved there were still many animals who didn't make it all the way to Riverhead or Islip because it was too far away. We have always needed a Pet ER out here. Everyone talks about it but when their pets are no longer ill they move on and don't think about it anymore. I decided to open it this summer to finally fulfill this need.

### Tell us more about WAVE Center.

The wave center stands for Wellness and Veterinary Emergencies (WAVE). We are also proud to be opening the East Ends first Wellness Center for Pets. It will be a beautiful facility with a spa-like atmosphere offering unique wellness services. At night it will become an Emergency Room. This summer we will be providing

at home wellness services as house calls.

We also have a private membership for more personalized services. Benefits include priority appointments and ER services. Priority booking for wellness services and 24-hour pharmacy services as well.

### Talk a little about phase 1 and 2 of your opening.

We are building a wellness center with an overnight pet ER. It will be a beautiful building. Since that was not going to be ready for this summer we decided to open a pop up clinic in an already existing veterinary hospital since they close at 4 PM. We are proud to be working out of the South Fork Animal Hospital this summer. Dr. Mark Davis was instrumental in getting this started. He is allowing us to rent his hospital for the evenings. He has always thought of starting an emergency clinic as well over the years. We are happy to be working out of his Wainscott hospital.

### How has Covid-19 pandemic exacerbated the necessity for all-night emergency pet care in the Hamptons?

There are so many pets in the Hamptons since Covid. This includes all types of animals. Everyone was getting dogs, cats, other small pets, even chickens. We are happy to help any and all animals in need. We will be working with ARF, the Turtle Rescue, Wildlife Rescue and the towns of East Hampton and Southampton to help everyone.

### Tell us a little about the



Dr. Cindy Bressler

### patient experience at WAVE Center. What can be expected?

Our goal is to create a relaxing and calm emergency room because we know how stressful it can be when your pet is sick. Our new Wave Center will be designed for this. This summer we hope to help the clients get through an often difficult time and to keep them informed of everything that is going on with their pets at all times. We don't want them to be sitting in the parking lot waiting and wondering what is happening. Please call 631-892-9283 (WAVE) before arrival.

WAVE Center for Veterinary Emergencies is located at 340 Montauk Highway in Wainscott. The emergency team can be reached at 631-892-WAVE (9283).



JULY 18 — 21, 2022

# HAMP TONS TECH WEEK

PRESENTED BY

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- POST -



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Our goal is to bring the world of web3 to the Hamptons! This event will educate on how web3 is enhancing and progressing a variety of industries such as art, real estate, sports, environment, and fashion, while giving industry professionals a space to network and learn. Join for a lively few days in July – filled with panels, activations, and networking opportunities at Southampton Arts Center and a variety of venues throughout the Hamptons, to help further educate the East End community and its visitors about the opportunities in the world of web3.



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