

# James Lane

— POST —

Winter 2023

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



## MEGAN CHIARELLO

TALKS LEALLO, GLORIA JEWEL, & SUNNY

p. 6

Photo by Madison Fender

# SAUNDERS

A HIGHER FORM OF REALTY

## NEW HAMPTONS LUXURY TOWNHOMES

– Coming Fall 2023 –



## WATERMILL CROSSING

Water Mill, New York



Renderings

3-4 Bedrooms | 4 Baths | 2,500 - 2,800+/- sq. ft.

Welcome to **Watermill Crossing**, the ultimate in luxury and convenience. Experience modern village living inspired by quintessential Hamptons architecture. Complete with full service amenities in a tranquil community.

**Exclusive \$2.095M - \$2.895M | [TheWatermillCrossing.com](http://TheWatermillCrossing.com)**

**Ed Bruehl**

Licensed Associate Real Estate Broker

Cell: (646) 752-1233 | [EBruehl@Saunders.com](mailto:EBruehl@Saunders.com)



**Jennifer Wilson**

Licensed Real Estate Salesperson

Cell: (631) 219-2771 | [JWilson@Saunders.com](mailto:JWilson@Saunders.com)

[Saunders.com](http://Saunders.com) | [HamptonsRealEstate.com](http://HamptonsRealEstate.com) |

33 SUNSET AVENUE  
WESTHAMPTON BEACH  
(631) 288-4800

14 MAIN STREET  
SOUTHAMPTON VILLAGE  
(631) 283-5050

2287 MONTAUK HIGHWAY  
BRIDGEHAMPTON  
(631) 537-5454

26 MONTAUK HIGHWAY  
EAST HAMPTON  
(631) 324-7575

764 - 4 MONTAUK HIGHWAY  
MONTAUK  
(631) 668-2211

The complete terms are in an Offering Plan available from Sponsor. File No. CD21-0268

"Saunders, A Higher Form of Realty," is registered in the U.S. Patent and Trademark Office. Please refer to our website for the names under which our agents are licensed with the Department of State. Equal Housing Opportunity.

# Dan Gasby

## The B. Smith Legacy, & The Love That Lives On

By Bridget LeRoy

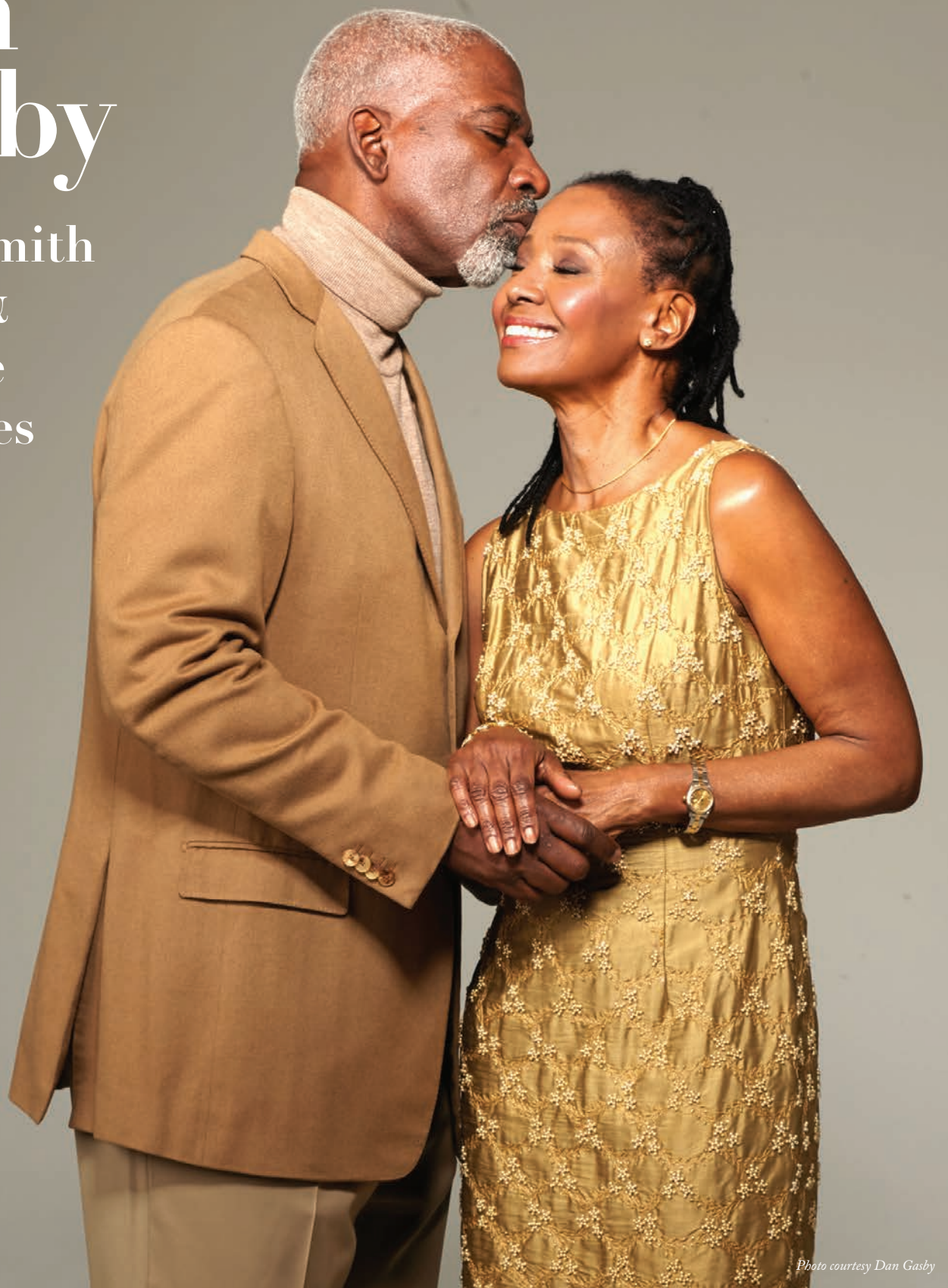


Photo courtesy Dan Gasby

It's been two years this month since Dan Gasby, and the world, lost Barbara "B." Smith — restaurateur, model, author, businesswoman, television host, and transcultural lifestyle pioneer — who succumbed to her battle with Alzheimer's Disease at the age of 70.

From humble beginnings, Smith soared up top, busting ground along the way, from being one of the first African American woman to grace the cover of fashion magazines, to the company she built with Gasby, the first line by a Black woman to be sold nationally, featuring bedding, tabletop, and bath products at Bed Bath & Beyond.

There were the best-selling

cookbooks, of course, and there were also the restaurants, including the one on Sag Harbor's Long Wharf, not far from the East End home where Smith and Gasby lived.

And perhaps most poignantly, the book "Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer's," penned by Smith and Gasby with Michael Shnayerson, which brought readers inside the challenges of the couple learning to cope with the painful disease on a day-to-day basis.

Instead of accepting defeat, Gasby and Smith created ways for others — both caregivers and those inflicted with Alzheimer's — to cope, including the

We Won't Wait campaign, which demanded new thinking and new approaches to find a cure.

Recently Dan Gasby took a moment with us to talk about the love, and the business, he shared with Smith, and what made them both work so well.

We began by discussing, in brief, a new licensing partnership with American Home and Textiles for a new line, which was just announced last month.

"We're in the process of rolling it out internationally and nationally," Gasby said, casually. "But, to be quite candid, B. and I were groundbreakers in doing this 20 years ago when we first went with Bed Bath & Beyond. We

were there for 20 seasons," he continued. "Back then people didn't even thinking about branding to the extent that we did. So I'm doing everything I possibly can, working with the designers, now without B. obviously, but I still understand her aesthetic."

And understanding was at the heart of the couple's marriage.

"Barbara and I were two sides of a coin," he said, "and we understood our roles. She was the star and I was the support. To be honest, what made us successful is the same reason why so many couples don't make it. And that's because a lot of guys can't handle playing second fiddle, or being support to a woman. I've

never had a problem with understanding my role. It's in a New York Times article — I was her cutman. She was the champ. She was the female Ali, and I was the cutman, Bundini Brown."

Not just cutman, but coach as well? "I also knew how to bring out the best in her," he acknowledged. "I knew how to gently push her without trying to dominate her. We used to say, 'Two as one can move and make millions,' move people and make money. That was our secret sauce."

It was a special relationship from the get-go. Gasby recalled the first time he laid eyes on Smith — she was the hostess at a restaurant where he had brought a date, but his eyes kept returning to B., who, in a red corset, looked for all the world, he remembered, like "a beautiful chocolate-covered strawberry."

He was a gentleman, and finished the date of course, but he kept thinking about Smith. He was hooked from the beginning. But rather than a trip on a roller-coaster, their marriage, according to Gasby, was like a glide in a swan boat through the Tunnel of Love.

"When I tell people that we never had one argument, they can't believe it. But life is really a bell curve. On one side of it, everything is always wrong. And then on the other side, some people walk out the door and everything good happens. But the vast majority of people are somewhere on the bulge. Now, on both ends of the spectrum, it's a small minority. But the vast majority of people live in that bulge."

But, he said, "I was fortunate for 28 years to be on the good side, and, I would say, 18 of those years were just totally perfect." Gasby recalled that when that perfection began to break down, when he became frustrated or confused by his wife's behavior, it was because of Smith's encroaching Alzheimer's. But, like the frog which doesn't know the water is getting hotter and it will soon boil to death,

"I was too close to it. I just thought she was tired or burnt out." When the diagnosis occurred, "What sustained us was our truth and honesty with each other."

Prior to joining forces with Smith, Gasby had a highly successful television sales and production career. In 1989, Gasby created and co-produced "Big Break," a musical variety show hosted by Natalie Cole that was a forerunner to "American Idol."

Gasby went on to produce the first televised Essence Awards in 1992, and served as executive producer for the 25th Anniversary Essence Awards celebration in 1995. He continued to produce shows with and for B., along with the company's magazines and acting as the majordomo at the couple's three restaurants.

But he was always aware of his role as second in command, and he was more than okay with that. "A man can't have a true relationship with a woman if there's not in his toolbox a certain degree of femininity and submissiveness; not being dominant, but being supportive and following as opposed to having to lead," he said. Yin and yang. The perfect balance.

"So many people can't — men can't — do that. And that's an indication of their inability to understand. I never controlled Barbara. I never tried to control Barbara, and she never tried to control me. Our thing was, love is only two things. It's a simple mathematic equation; it's lust and trust. Lust without trust will be a bust, and trust without lust will turn to rust."

Gasby smiled wistfully, the large gold hoop in his ear glittering. It's his wedding band, created into a different piece of jewelry. Another reminder of how love can adapt and change, but still shine throughout the journey together — no matter what.

For more information, visit [bsmith.com](http://bsmith.com).

# James Lane

POST

Co-Publisher/Editor **Jessica Mackin-Cipro**  
 Co-Publisher/Marketing Director **Ty Wenzel**  
 Co-Publisher/SVP of Business Development **Christine Prydatko**  
 Co-Publisher/Managing Editor **Bridget LeRoy**  
 Sales Director **Denise Bornschein**

**Contributors**

Bill McCuddy, Heather Buchanan, Lisa Frohlich, James J. Mackin, Nicole Teitler

**Contributing Photographers**

Richard Lewin, Rob Rich, Lisa Tamburini, Irene Tully

**Advertising**

Sheldon Kawer, Denise Bornschein

© James Lane Post LLC 2023 • [www.jameslanepost.com](http://www.jameslanepost.com) • 26 Hill Street, Southampton #106  
 @jameslanepost

## Editor's Note

Welcome to our winter 2023 issue. We are thrilled to present the articles on the following pages. We have a variety of interviews for you to enjoy, including Jill Rappaport, who has done so much to help advocate for animals in need. Our interview with Dan Gasby recalls the wonderful love story between him and B. Smith. We dive deep into coffee with Tutto's Gally Mayer. And we talk to Megan Chiarello, the founder of Gloria Jewel, Leallo, and SUNNY about her retail ventures.

Our travel section highlights two noteworthy destinations, Palm Beach and The Red Lion Inn in The Berkshires.

In our real estate section, you'll find interviews with The Real Deal founder Amir Korangy and Saunders & Associates' Oakley-Leicht Team as well as a Real Estate Confab, featuring agents from across the East End.

Jessica Mackin-Cipro  
 Editor-in-Chief,  
 James Lane Post





# Jill Rappaport

## Animal Advocate For Seniors, Pits & Special Needs

By Jessica Mackin-Cipro

**J**ill Rappaport became an animal advocate after her 11-year-old German Shepherd Jack was diagnosed with bone cancer and had to have his front leg amputated. At the time, Rappaport had been working for “The Today Show” on NBC as an entertainment reporter for 16 years.

The experience changed her life. She asked her boss if she could chronicle Jack’s story. “I wanted to tell the world what an amazing trooper this dog was,” she said.

“He never let the loss of a limb stand in the way of living the best life,” Rappaport continued. “I thought, ‘Isn’t it amazing what we can learn from our animals?’ They don’t care about how they look and who doesn’t like them. They just want to be loved by the people that they love, and they want to be out of pain.”

She brought an NBC camera crew in for Jack’s last chemo treatment. “It was so im-

portant to tell the world what dogs can teach us and how they survive things,” she said.

After the segment, people reached out from across the world with emails and letters. After the unbelievable response she went back to her boss and said, “Stars don’t need my help, animals do!” and became an animal advocate for the show.

Jack’s message lives on today all over the world. Rappaport wrote the book “Jack & Jill: The Miracle Dog with a Happy Tail to Tell” that is in schools across the country.

Rappaport started the “Bow to Wow” segment on “The Today Show.” For eight years the segment featured an animal up for adoption at Animal Care in New York City. The show had a 100 percent adoption rate. “They were gone the minute I put them on the air,” she said.

She also hosted the show “Best in Shelter with Jill Rappaport,” an NBC special all

about helping the underdogs.

Her love of animals started as a young child — rescuing animals in need starting at the young age of three. Today, her work with animal advocacy is massive and she focuses on the animals that are in the direst need of help. She’s won eight Genesis Awards, awarded by the Humane Society of the United States to individuals in the major news and entertainment media for producing outstanding works, which raise public awareness of animal issues.

Her goal is always “to speak out on behalf of the underdogs of the shelter world. I’ve always been about the seniors, the pits, and the special needs,” she said.

When we met in November at her stunning (featured-on-the-cover-of-Arch-Digest stunning) home in Water Mill, she explained that this was her first time fostering rescue animals. The two apricot standard poodle puppy siblings (with pos-

sibly some goldendoodle mix) came from NYC Second Chance Rescue, and she named them Pumpkin and Spice.

They were so afraid when she took them home, but just two months later they were thriving healthy young pups. “NYC Second Chance Rescue is an amazing organization. I see the time and diligence and attention to detail that they take,” she said. The organization rescues dogs and cats just one step away from being euthanized. Since its inception, NYC Second Chance Rescue has saved 13,000 lives.

“This has been the most magical experience for me in all my years of adopting and rescuing, because I am a first-time foster; to see the transition, to see the 180-degree change that they made. Literally, from where we got them to where they are now. It has been remarkable.”

She urges others to have the same experience and to help an animal in need.

“Be a foster. You are the bridge between hell and heaven. They come out of something that is so, in many cases, horrific, and you’re the person who prepares them for their next future wonderful life.”

Having fostered for the first time she realized, “My role changed their lives, even in the two months I’ve had them, I watched them go from terrified to tails wagging. Is there anything better than that?”

Pumpkin and Spice have since been adopted and Rappaport says she will continue to foster after this experience.

“First and foremost, opt to adopt,” she said. She’s always adopted rescues and has focused on senior pets, explaining that quite often they go on to live longer lives than expected.

One of the dogs she rescued had been returned to Southampton Animal Shelter three times by the time it was eight years old. That dog is now 14 and living a healthy life at Rappaport’s home. She also brought home an American bulldog, rescued as a fighting dog. She explained that the breed’s life expectancy is 12, but they didn’t lose him until 16.

“These rescues, not only do they know they’ve been saved, most in the nick of time, in the twilight of their lives when they know something is up. They thank you and give back in a way that you just can’t put into words. And I think, so often, seniors thrive and shock people with how long they live.”

Older dogs are the best, she says, and may be overlooked at the shelter by those looking to adopt. “They’d rather sleep on the couch than eat the couch,” she said. “They know you’ve given them a second chance for a new life.”

There are so many ways for people to make a difference, she says, and she urges those interested to learn about what’s happening in the shelters. She also speaks about Covid returns — animals that were returned to shelters when people returned to work. “For all of the animal lovers on the East End, take the time to understand what’s going on... Look at what’s going on in our local shelters,” she said.

Helping, if you are able to, may be rewarding to both you and the animal.

Rappaport rescued another dog, Ruby, from a California kill shelter. “The worst shelter I’d ever been in,” she said. “Ruby was there, clawing at me. She was on day 29. They only give them 30 days.”

Ruby went on to sell Rappaport’s products on QVC. “She became such a life force for me,” she said. “I would take them all if I could.”

And she continues to advocate for the most in need at the shelters, including pit bulls.

“I have a problem with pit bull prejudice,” she said, explaining that pit bulls have been unfairly labeled as dangerous. “That’s why they are languishing in shelters across the country, because everyone is afraid of them... It’s the hands they end up in. If you show a kind loving hand, they’re wonderful.”

Her goal is to one day open an animal hospital, where no pet can be turned away because an owner can’t afford the medical care for pets.

Rappaport has also launched Jill Rappaport’s Pet Products With A Purpose, a line of pet items that include light-up leashes and collars, all made in the United States. The line gives back to animal advocacy and every one of the dogs that model the products are up for adoption.

They have sayings like, “I’m a heart-melter from a shelter,” and her favorite, “Be bold, go old.”

## Long Wharf Upholstery & Fabrics

Over 25 Years on the East End!



Upholstery • Fabrics • Slipcovers  
Cushions • Pillows • Draperies  
Valances • Cornices • Window Treatments  
Installations • Pickup & Delivery

Long Wharf, Store 3 • Sag Harbor  
631.725.2184 • longwharfupholstery.com

# UNLIMITED EARTH CARE

*For discerning landscape lovers*

LANDSCAPE DESIGN • INSTALLATION • COMPLETE MAINTENANCE • GARDEN MARKET

*Celebrating 30 years of art in landscapes*

2249 SCUTTLE HOLE RD. BRIDGEHAMPTON NY • [WWW.UNLIMITEDEARTH.CARE.COM](http://WWW.UNLIMITEDEARTH.CARE.COM)  
CALL 631-725-7551

# Megan Chiarello

## A Talk With Leallo, Gloria Jewel, & SUNNY Founder

By Jessica Mackin-Cipro

**M**egan Chiarello is the founder of Leallo, a premium comfort clothing brand headquartered in Sag Harbor. Available in Chiarello's three stores throughout the Hamptons — SUNNY in Sag Harbor and Gloria Jewel in Bridgehampton and Amagansett — and online, the brand offers chic, high-quality pieces for women.

Chiarello began working in the Hamptons as a waitress at Almond Restaurant in Bridgehampton, where she found an incredible community. She later managed Calypso St. Barth in Southampton, gaining experience in operations, managing staff, and becoming an expert at customer service. She opened her first Gloria Jewel store in 2007 and has since grown her thriving retail business to include Leallo and SUNNY.

We caught up with Chiarello to learn more about her journey.

### Tell us a little about your background and what brought you to the East End.

I was born and raised in Shoreham on Long Island, and I've always loved everything about the East End — it holds a special place in my heart. Growing up, my family had a place in East Hampton that they would rent out for the summers, so we got to spend winter holidays out here when there were no tenants. After graduating college, I ultimately relocated to the East End since it's a place that gave me fond memories.

### You worked at Almond, where you also met your husband. Tell us about this experience and how it later

### led to your work in retail.

Yes! I moved out East after graduating college with a degree in Education. Realizing it was not my future, I came out East to my dad's house to try and figure things out. I was leaning toward a future in the fashion industry in New York City, so I was just out here to save money and network (or so I thought), but I ended up finding an incredible community that I loved so much and an exceptional group of friends at Almond. It was such a fun, authentic group of people that I ended up marrying one of them! I did end up following my plan to work in fashion in NYC, I even considered opening my first boutique there, but the pull was always so strong to come back out East, so my plans changed, as they tend to do for all of us at one point or another.

### Tell us about your time managing Calypso St. Barth in Southampton and how this led to the founding of Gloria Jewel.

After spending a few summers at Almond, I eventually took on a more industry-appropriate position working for Christiane Celle at Calypso. I learned so much about the retail industry, the Hamptons community, and myself during my time there. Celle is so incredibly talented and was really a role model for me. Through my time in retail, I truly fell in love with helping women find pieces that made them feel confident and at ease. I especially love working in the Hamptons because so many families are together, and shopping becomes a bonding experience. Multiple generations of women come into the store, genuinely spending quality time as families, bonding over helping each other find special pieces, and feeling good! I 100 per-



Photo by Madison Fender

cent knew this was my calling. So, in 2007 on a shoestring budget, I opened Gloria Jewel, named it after my two grandmothers, and began my journey.

### Talk about the start of Leallo and the opening of SUNNY in Sag Harbor.

I'm thoroughly grateful for the connections and learning experiences I gained from running Gloria Jewel for the past 16 years. Customers really responded well to the feeling in-store and what we were curating. My customer base grew, and we kept opening new locations. I learned what women want to wear while living in the Hamptons and how they like to shop. But I always noticed this market gap; it was hard to find a good white tee shirt that wasn't see-through and too clingy. At the time, I had a friend living in Peru and working in production with ethical factories, doing wonderful work. It was the perfect opportunity to test out the waters. I created two tees and two tanks, and the response was great. It was so fun to create something you knew your clients needed. From there, I made a lounge set, dresses, jumpers, and now lots of cashmere knits. I ended up opening SUNNY in Sag Harbor primarily because the Leallo line needed its own breathing room outside the context of Gloria Jewel.

### Tell us about the fabrics and materials you use for Leallo.

All our cottons are produced in Peru, and we use the finest pima cottons. We strive to make everything with 100 percent cotton. Our knit collection of cottons and cashmere are all made in China. Leallo manufactures in a Fair Trade Certified factory and remains ever-conscious of carbon footprint.

### Tell us more about how you've been able to scale the brand.

I started Leallo in 2015, and by 2019 I'd gotten so many requests for wholesale that I decided it was time to learn more about this process and hire some sales reps to help me grow that brand of the business. Between 2019 and 2022, we had over 259 specialty stores ordering Leallo regularly, and things proliferated with wholesale and e-commerce. It was exciting how fast it all took off and that people were responding well to the brand, but honestly, it became a little too much for me personally. I was starting to lose focus on what I love, the retail component. I decided to taper down the wholesale business and hire more staff to manage e-commerce as we grow that end of things so that I can be where I love to be, in the local stores, connecting with everyone in person and keeping the new collections and the overall experience tailored to exactly what my customer base needs.

### How do you draw inspiration from the East End's beaches and landscapes?

Everything about Leallo is based on the local Hamptons experience. I wanted to create clothing for the way we live out here. Simple, sustainable, luxe fabrics in classic, wearable styles and color palettes that reflect the world around us. I want women to easily toss on an outfit in the morning that both makes their body and heart feel amazing and also performs exactly how they want it to for the whole day. From school drop-off to the farmstand to walking on the beach to a casual dinner with friends. The landscapes and seascapes inspire the color palettes from Montauk to Westhampton — sand, sky, fields, grasses, driftwood, and gardens. I'm

so grateful for what I've accomplished with Leallo, and I'm so excited for all the newly branded stores to launch in 2023.

### Do you have any favorite pieces for winter and this coming spring?

We're introducing a beautiful cotton gauze collection this year that I'm so excited about. These dresses are perfect for brunch to beach to cocktails. They are simple, flattering, breezy pieces to toss on for an entire summer day. They're not too boxy or bohemian, just enough structure to stay pretty, but airy softness for days. They feel good to wear, and like all Leallo pieces, they wash beautifully, season after season, so they're a simple investment piece.

### When you have time off, how do you like to spend it on the East End?

I love the casual lifestyle out here — mostly, you'll find me hanging out with family and friends, enjoying some casual entertaining at our house in Sag Harbor, hitting the farmers' markets for all the incredible local produce, and just being in nature as much as possible. These are the places where I find inspiration for my new collections, but more importantly, no matter how challenging life can sometimes be, these are the places and experiences that fill my soul with joy.

I also must wholeheartedly add that I have the most amazing team, many of whom have been with me for many, many years, and there's no way that I would've been able to grow and pursue my passions without them. I truly trust them to take care of our customers and the store, and I am so grateful to have them.



Photo courtesy Leallo

# bcmspring23

**Bridgehampton Chamber Music**  
Marya Martin, Artistic Director

**Saturday, April 1, 5pm**

## **New York Philharmonic String Quartet**

Mozart, Thompson, & Beethoven

The celebrated New York Philharmonic Quartet makes their Bridgehampton debut with an incredible program featuring Mozart's "Dissonance" Quartet, Beethoven's "Serioso," and Joel Thompson's *In Response to Madness*.



**Saturday, April 29, 5pm**

## **Rites of Spring: Piano, Four Hands**

Mozart, Debussy, Fauré & Stravinsky

International piano soloists Orion Weiss and Gilles Vonsattel team up for a stunning concert of vibrant and colorful works culminating in Stravinsky's own four hand arrangement of his seminal *The Rite of Spring*.



**Saturday, May 20, 5pm**

## **Great Quintets: Focus on the Viola**

Kuhlau, Paul Coletti, & Brahms

The viola is front and center in a program that includes Kuhlau's Quintet for Flute, Violin, Two Violas, and Cello, a beautiful work for two violas by Paul Coletti, as well as Brahms' gorgeous Viola Quintet in G major.



**Three great concerts at the  
Bridgehampton Presbyterian Church**

**Subscribe  
and save  
over 15%**

**The world's best musicians  
on Long Island's East End**

**Tickets: \$75 / \$50 / \$10 (student)**  
**www.bcmf.org | 631.537.6368**



# Buena Vida Organic Coffee

## The Bean-to-Brew Movement Is Here

By Bridget LeRoy



Gally Mayer and Coco. Photo courtesy Gally Mayer

First, there was farm to table, then there was dock to dish, both known for supporting the small producers who grow and farm and fish sustainably.

Now, there's bean to brew.

Globally, about 1.4 billion cups of coffee are being consumed daily. Because of the high demand, coffee is one of the most pesticide-sprayed crops in the world. And coffee is big business, baby.

If you're a coffee snob, you probably already knew that. So, you buy organic coffee, right? As of now, that's only about seven percent of all the coffee beans harvested in the world. (Organic coffee can be found at many of the carefully curated cafes on the East End, but we are in the lucky minority.)

Then there's also fair trade — making sure those who work the coffee farms are paid a living wage. Maybe you're good there

too, but the choices are getting narrower.

Compostable packaging? Narrower still. How about a company encouraging small coffee farms — most in Central and South America — to switch to farming organically by promising to buy their entire crop?

That's a new movement brewing, and Gally Mayer is leading the charge.

Mayer — a co-owner of Sag Harbor and Southampton's Tutto Il Giorno, with her husband, David, and Gian Paolo and Gabby Karan de Felice — is on the frontlines of buying entire crops from small organic coffee farms in Costa Rica, while incentivizing others to put down the pesticides and join the cause.

Her company, Buena Vida Café Organico, is as much about education as it is about business. "My big picture is to educate the consumer about coffee, period," said Mayer, as we sat on the grounds of a beau-

tiful coffee farm in the hills above San Jose. "Because the world has been taken over by companies that can buy very cheap beans and highly roast them and take all the flavor, take all the soul out of them."

That's right, folks. That corporate dark roast you think is so strong and flavorful? You've been burned. It's actually the weakest, caffeine-wise, since the coffee can be massively over-roasted to hide lower-quality beans.

You are not alone. Until I got schooled by Gally, I loved my dark roast. The darker the better. But now that I have gotten used to a lighter roast (which at the beginning tasted, well, weird), a corporate dark roast just tastes WRONG. Like seriously burnt bacon. And chemicals.

America, it's time to wake up and smell the coffee.

Re-educating the consumer is an uphill climb for Mayer and her team. Consumers are loyal to their coffee brand, either because it's easy to make or because it's always consistent, she said.

There are as many flavors in a natural coffee bean — depending on where it's grown, when it's picked, how it's fermented and roasted, among other reasons — as there are colors in the rainbow. Or rather, colors on the Coffee Taster's Flavor Wheel, the multi-chromatic touchstone for professional coffee tasters . . . clearly the greatest job ever.

The tasters, who sip the coffee quickly and loudly, sort of like a reverse whistle, look for notes like fruity, floral, berry, pepper, with smaller sectors — what kind of berry or floral notes? Blackberry or strawberry? Is there a flavor of jasmine or rose? How about earthy, herbal, chocolate, nutty, or spicy? That's only a few of the flavors that those lucky pro coffee sippers seek.

Buena Vida's beans for its specialty single origin coffee are harvested in Tarrazú, a region where 70 percent of its farms are located. The area is known for its abundant fertile soil, and a terroir that provides unique flavors and great complexity on the palate. Flavor notes include cacao, blackberry, brown sugar, and citrus. Buena Vida's special blend uses beans harvested from more than five regions in Costa Rica,

and flavor notes include caramel, plum, dried fruit, and tangerine.

In addition to the coffee being tasty, it can also improve your health. Mayer sees coffee as a plant medicine. "New benefits are being discovered all the time. For example, it combats Alzheimer's disease, it's an antioxidant, it lowers blood pressure."

Was coffee always a passion for her? Not at all. Her "a-ha" moment came when Gian Paolo de Felice, already partners with Mayer at Tutto for more than 15 years, suggested that she find some good coffee for the business. "You live in Costa Rica, he said, go find me good coffee," she said with a laugh.

That's when Mayer — mother of five, a former investment banker and philanthropist with a long trajectory in the not-for-profit sector — started hunting for the best beans and the best farms from which to purchase.

"I thought, well, if I'm going to find him good coffee, I want to find organic coffee. I only serve my kids organic in the home. And I care about the planet, but I never really understood what it takes to make an impact. I always thought, leave that to the people who can do solar panels and alternative energies and deal with eliminating fossil fuels. I never thought I could make a difference until I saw the film 'Kiss The Ground,' which was life-changing for me." The movie, about regenerative farming, has become a beacon for those seeking to avoid depleting the soil of all of its nutrients while supplying a high-quality, organic product and also mitigating climate change.

And Mayer realized, as she met and talked to coffee farmers, that maybe, just maybe, she could effect a global change, one coffee cup at a time.

She saw, firsthand, coffee companies might turn a profit for the higher-ups, "but the farmers are definitely not improving their lives. They have all of the risks and make very little. For everyone to benefit, the whole value chain has to change. So many people talk fair trade, sustainable, recyclable, but they don't know what it really means," she said. "But that's what sells. It's greenwashing. And the big coffee companies, almost none of them cares

about the small farmers. They're making a killing on coffee. Why would they care?" And that is when Buena Vida Café Organico was born. "So I thought, 'Okay,'" said Mayer. "Let's just make this a solid company that helps the farmers." And then we discovered that less than one percent of coffee is organic in this country. I was in shock."

Buena Vida is not just organic; it's part of the Kiss The Ground and Regeneration.org movements, producing coffee in a healthier and responsible way for the planet, without carbon-producing and soil-destroying monocultivation. Economically, the company helps provide farmers with proper financing and assists them in ensuring their concerns are represented with local government. In it for the long term, Buena Vida helps create systems for the farmers to maintain their growing organic production for a lifetime.

"I look at today's society, at humanity as a whole," said Mayer. "There're a lot of companies very worried about their bottom line, but not worried enough about their environment. And I don't just mean climate change. I mean everyone around them, and other companies that are trying to make a living in that space."

Mayer, a self-proclaimed cappuccino lover, teamed up with Manuel Oviedo Valverde, "who founded the company," said Mayer. "David and I, and Gian Paolo bought into it as partners." Valverde — who also joined us at Finca Rosa Blanca that day — is a chemical engineer, an advocate of organic farming, and a surfer. He loves his morning routines, experimenting with different coffee methods, and organic specialty bean varieties.

"We're aiming to change the normal use of coffee as just a commodity," Valverde said. (You know, like when you wake up in the morning and mumble, "Need coffee.") "We want to change that and see organic coffee as a promoter of good taste, environmental traceability, and social impact. We work really hard on the science in the roast to not over-roast it, because we don't want to hide the quality of the beans. People need to understand coffee better to appreciate a really good quality coffee," he continued.

"So, we ask them to taste it and then ask them what they think, and then we tell them all the work that we do," he said. "We think that the customer needs to understand where their coffee comes from and what they're paying for."

Right now, Buena Vida is buying up, and selling, about 14 tons of organically grown, sustainably harvested, farmer-friendly coffee in compostable packaging annually, but they want to get to 50 tons in the next few years. Working with over 30 small farms (and growing), Buena Vida is forming a sort of coffee collective, where the farmers can share costs like organic certification. And they're hoping to expand and convince other farmers to join. The company is small right now. Mayer, Valverde, and a couple of other people are doing all of the daily grind, from meeting with the farmers, packaging the coffee, and boots-on-the-ground — going from restaurant to café to store educating businesses about their brand and sales opportunities.

In addition to supporting and empowering organic farmers in Costa Rica, Buena Vida also donates a portion of all proceeds to Futbol Por Mi País, a non-profit focused on using soccer to engage, inspire, and empower Costa Rican youth, by providing tools and connections that drive change.

As of now, the new Tutto Il Giorno Café in East Hampton, and the two Tutto restaurants, carry and serve Buena Vida coffee, along with Harbor Market in Sag Harbor, but Mayer is convinced that more stateside places will follow, as the story of Big Coffee rises to the surface.

"The farmers are not just our suppliers," said Mayer. "They are part of the Buena Vida family."

*There's more to learn. If you want something to pour over — I mean, pore over — visit [linktr.ee/BuenaVidaCafe](http://linktr.ee/BuenaVidaCafe), follow @buenavidacafeorganico on IG, or Buena Vida Café Organico on FB to educate yourself about coffee. For more information about Futbol Por Mi País, visit [futbolxmpais.org](http://futbolxmpais.org) or IG @futbolxmpais.*







# East End Collected7

Annual Art Show Returns To The Southampton Arts Center

Paton Miller, "Boy."

As Southampton Arts Center celebrates 10 years of community building through the arts, the organization presents the seventh installment of Paton Miller's exhibition that reflects the artist's vision of the East End as an ideal environment to create work.

East End Collected7 features more than 40 artists in this collective show, complemented by exhibition and studio tours, artist talks, and a special film screening by filmmaker Lana Jokel.

"I am genuinely delighted that East End Collected7 is the first exhibition I am here for as the executive director, as it is the core of the Southampton Arts Center's mission of community building through the arts," said SAC executive director Christina Mossaides Strassfield, who officially signed on in January 2023. "These artists represent the region's rich cultural tradition and artistic history."

Exhibition artists include Kelynn Z. Alder, Isadora Capraro, Dan Christensen Studios, Janet Culbertson, Eugenio Cuttica, Franco Cuttica, Lautaro Cuttica, James dePasquale, RaineyDay Erwin, Phil Falino, Phyllis Falino, Margaret Garrett, Tiana Grampus, Elaine Grove, Lyllis Halsey, Hiroyuki Hamada, Glen Hanson, Gary Hartmann, Peter Hill, Candace Hill-Montgomery, Terri Hyland, Oscar Jackman, Nathan Slate Joseph, Anna Jurinich, Mary Lambert, James Ledogar, Christine Matthäi, Michael Meehan, Christian Miller, Paton Miller,

Sam Miller, Oscar Molina, Dave O., Patrick Peters, John Pominowski, Zelig Rellim, John Rist, John Ross Rist, Jay Schneiderman, George Schulman, Brenda Simmons, Liz Sloan, Adam Straus, and Ann Lambert Waits.

"It's with great anticipation that I look forward to assembling the work of 44 artists for Southampton Art Center's seventh iteration of East End Collected," shared exhibition curator and artist Paton Miller. "This exhibition coincides with SAC's 10th anniversary and also the directorship now taken over by Christina Strassfield. Christina, after 30 years at East Hampton's Guild Hall, has an encyclopedic knowledge of not just Eastern Long Island, but greater Long Island and the art world."

Curator-led exhibition tours will be held on Sunday, February 19, and Saturday, April 1, at 11 AM. Exhibition artist talks will be held on Saturday, March 4 and 18, at 3 PM. A curator studio tour will be held on Friday, March 10, at 3 PM.

"The Way it Goes," by filmmaker Lana Jokel, will screen on Saturday, April 29, at 4:30 PM. The film is a documentary film on East End Collected7 participating artist Nathan Slate Joseph. His work is about expansion and contraction, statements of destruction and reconstruction, comprised of rusted sheets of steel and chosen objects.

A closing reception for the show will follow on Saturday, April 29, at 5 PM.



Kelynn Alder, "Cardinal Points."



The opening of East End Collected7. Photo by Rob Rich/societyculture.com

# Sip Local

## Coffee & Friends Make The Perfect Blend

By Lisa Frohlich of Hamptons NY Style



As a local mom and entrepreneur in the community, I love a quick and easy spot to meet for coffee. Not only does the coffee hold the magic, the social activity of meeting a friend does too. I've met some of my closest friends for the first time over coffee. We're lucky on the East End to have a standout selection of roasters offering delicious brewed cups of coffee that you can pair with a healthy snack, pastry, and warm service. As you know our local businesses work hard to stay open throughout the winter, and they support our community by giving back in many ways. Let's return the love and sip local for your next coffee date.



Lisa at LUMBER+Salt wearing a sweatshirt from North Fork Moto.



Enjoy your coffee inside or outside at Sagtown Coffee.

### JACK'S STIR BREW

**About:** Jack's opened its first NYC location in Greenwich Village in 2003. After building a following of organic coffee lovers, they opened a pop-up location in Amagansett in 2010 and then a permanent location in 2011.

**What Makes It Different:** Jack's was the first NYC coffee shop to be 100 percent organic, fair trade, and shade-grown. The menu includes a large selection of vegan pastries and baked goods.

**Don't Miss:** The Happy Jack is a latte made with organic honey and a touch of cinnamon. The Mountie is a latte with organic maple syrup and cinnamon. Little Joey is a hot cocoa for kids, served at just the right temperature. Jack's Stir Brew recently introduced their first limited edition Hamptons Beach Blend that is smooth and citrusy, yet balanced with notes of dark chocolate.

**Giving Back:** Jack's Stir Brew is involved in the Polar Bear Plunge at Main Beach, Animal Rescue Fund's Bow Wow Meow Ball, and the Ladies Village Improvement Society of East Hampton.

**Address:** 146 Montauk Highway, Amagansett; 51 Division Street, Sag Harbor  
**Website:** jacksstirbrew.com  
**Instagram:** @jacksstirbrew

### SAGTOWN COFFEE

**About:** Sagtown Coffee was founded by Shane Dyckman in

2012 to create an inviting place for our community to gather for coffee and specialty beverages. Since then, Sagtown Coffee has added healthy breakfast and lunch selections to its offerings.

**Don't Miss:** Sagtown's most popular drink is the Oat Milk Latte. Their culinary grade Japanese Matcha is also a favorite. Sagtown recently added gelato for a perfect affogato. Top choices from the food menu are acai bowls, organic smoothies, avocado toast, and their New York bagel. They also run weekly specials such as the Kimchi Breakfast Bowl and Breakfast Burrito.

**Social Spot:** Sagtown has indoor communal seating as well as an outdoor patio. The patio is a fun spot to meet with friends for a quick coffee.

**Giving Back:** Sagtown supports our local schools, food pantries, police, and first responders.

**Address:** 78 Main Street, Sag Harbor  
**Website:** sagtown.com  
**Instagram:** @sagtowntoffee

### COFFEE BAR BY NORTH FORK MOTO AT LUMBER+SALT

**About:** LUMBER+Salt owners John Mazur and Brooke Cantone felt the North Fork was missing an experiential destination where customers could shop and get inspired, while enjoying coffee, specialty lattes, mochas, and vegan sweet treats. The coffee bar

space was designed using antiques, vintage showcases, and reclaimed materials that represent their raw and refined aesthetic.

**Hidden Treasure:** North Fork Moto, a moto-themed coffee roaster and lifestyle boutique, is nestled within LUMBER+Salt. North Fork Moto grew out of a passion for motorcycles. Owners Clay Snyder and Megan Jones used to ride their motorcycles all over the East End visiting various coffeeshops. After doing various pop-ups around the East End in the Summer of 2022, LUMBER+Salt invited them to open a coffee bar inside their eclectic shop in October 2022.

**Must Try:** The Oaxacan Latte is made with espresso, decadent chocolate, and a mix of cinnamon and cayenne pepper for a little kick. The Honey Cardamom Latte, made with espresso, honey, and cardamom, is slightly sweet with an herbal undertone. The Oak Barrel Latte is espresso with oak flavoring and homemade brown sugar syrup with cinnamon and cloves for a deep, cozy flavor.

**Giving Back:** Because of their passion for dogs, North Fork Moto often hosts fundraisers and donates to Great Dane rescues in need. Many Great Danes end up in shelters because it is difficult to find homes for such a large breed.

**Address:** 5570 Sound Avenue, Jamesport  
**Websites:** lumberandsalt.com & northforkmoto.com  
**Instagram:** @lumberandsalt & @northforkmoto



Jack's Stir Brew offers a limited edition Hamptons Beach Blend.



Coffee Bar by North Fork Moto is open every Friday to Sunday inside LUMBER+Salt.



North Fork Moto is a moto-themed coffee roaster and lifestyle boutique.



The Black and Tan at Sagtown is a favorite on warmer days, made with the Brazilian Cold Brew and topped with the Oat Milk Draft Latte.

# Cafe Culture: Coffee by Town

We are so lucky to have a thriving cafe culture here on the East End, filled with wonderful establishments to sit and savor a gourmet roast. Here are a few coffee spots for you to explore, by town. (Check for winter hours & closings.)

## Montauk



Hampton Coffee Company  
 Left Hand Coffee  
 Naturally Good  
 Bluestone Lane

## Amagansett

Jack's Stir Brew Coffee

## East Hampton

Tutto Caffè  
 The Golden Pear Cafe  
 Sant Ambroeus  
 S&S Corner Shop  
 Citarella Gourmet Market  
 Carissa's The Bakery  
 Hello Oma  
 The Cookery

## Bridgehampton

L&W Market  
 Citarella Gourmet Market  
 Java Nation  
 The Golden Pear Cafe

## Water Mill

Hampton Coffee Company

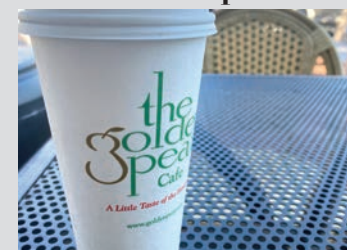
## Sag Harbor

Sagtown Coffee  
 Jack's Stir Brew Coffee  
 Grindstone Coffee & Donuts  
 Carissa's The Bakery  
 Sylvester & Co. Modern General

## Shelter Island

Stars Cafe  
 Marie Eiffel Market

## Southampton



The Golden Pear Cafe  
 Wishbone Farms  
 Sant Ambroeus  
 Citarella Gourmet Market  
 Tate's Bake Shop

## Quogue

Beth's Cafe

## Westhampton Beach



North Fork Roasting Co.  
 Beach Bakery & Grand Cafe  
 Hampton Coffee Company  
 Sydney's Taylor Made  
 Caffeine Cafe

## Eastport

Eastport General Store

## Riverhead

Sarikopa Organic Coffee

## Aquebogue

Hampton Coffee Company

## Jamesport

North Fork Moto at  
 LUMBER+Salt

## Mattituck

Lombardi's Love Lane Market  
 North Fork Doughnut Co.

## Southold

Southold General  
 North Fork Roasting Co.  
 The Blue Duck Bakery Cafe

## Greenport

Aldo's Coffee Company  
 D'Latte Cafe  
 The Blue Duck Bakery Cafe  
 Crazy Beans

# Empowered Movement

## With RitmoFit XP

By Nicole Teitler



RitmoFit XP class at Southampton Arts Center. Photo by Kefi Creative

**V**anessa Acero and Mila Tina are the creators of RitmoFit XP, an exercise that combines fitness and global rhythm. Vanessa, an athlete and fitness instructor, mashed up with Mila, an audio-visual producer and performance artist. Together, they awaken legendary female energy both internally and externally, to create an experience through empowered movement.

### Your backgrounds are very unique. How do you work off each other's energy?

**Vanessa:** We are both high-energy, positive, creative, encouraging entrepreneurs, flexible, and open-minded. We take turns compromising. There's also a good balance of perfectionism and acceptance as well as preparation and impro-

visitation between us in different areas. Wellness is such a big part of our lives. I am amazed by Mila's talents, diverse expertise, leadership skills, and mostly her wisdom when handling difficult situations. We make a strong team!

**Mila:** I agree, we are both passionate and purpose-driven in everything we do, and I believe our differences are our most dear strengths. The fact that we both have unique backgrounds, different skills, and sometimes different ideas and opinions, leads us to create fitness and wellness journeys that are not only original but also very accessible and inclusive. We try to actively listen to each other's ideas and perspectives, by constantly making sure we are in a good mental and emotional state when making decisions. I personally admire Vanessa's strong work ethic and integrity, and her

commitment to her daily self-care practices.

### Describe a typical class.

**VA:** A typical class begins with a welcome message to get all participants mentally ready and excited about the journey they are about to go on. This workout feels more like an adventure where you connect with a variety of emotions through rhythm and movement. We begin with a 10-minute warm-up to awaken your vital energy force and then take you through an eclectic voyage where you sync up your body to enchanting beats from all over the world — Spain, Africa, India, and Brazil, to name a few. The journey has several phases, each one with three to four exercises ranging in speed and intensity. You also get a small break in between exercises where you lower your heart rate and

express yourself through dancing lightly. We end the experience with a gentle and relaxing cool down and stretch session with breathwork and mindfulness.

**MT:** For each of them we choose a theme the whole experience is designed around. Our most recent event was called "Ancient Divas," inspired by the feminine energy of the ancient world and mythology. We invited attendees to partake in the white dress color theme and offered them fresh fruit like different types of grapes; reminiscent of the ancient Greek times.

### There are so many elements to the workout. It's more like a transformation, in motion.

**VA:** The diverse elements that are part of this workout, in combina-

tion with the unique music exclusively created for it, is what makes it truly special. A lot of women nowadays want to feel not only beautiful and captivating but also brave and confident. We designed the workout in a way that burns calories and strengthens your muscles but also feels invigorating, fun, and sophisticated while you do it. This journey is a transformation in motion, as you get to connect with the feeling that each of these modalities causes in your body and come out of it feeling proud, renewed, and inspired.

**MT:** We strategically combined all of these elements to create a fitness and wellness journey where women could explore their whole spectrum of emotions, find their own rhythm and freely express it through movement, dance, and power poses. We sometimes incorporate diverse healing modalities

at the beginning and end of the journey, to go within and connect to our vital energy or life force, most commonly known as qi, prana, and élan vital, etc.

### How do you hope to inspire others through movement?

**VA:** We want to show and remind women what they are capable of. In the same way they go through this one-hour journey, they can get through any challenge and obstacle that they face in their lives! And they can do it with a heart filled with gratitude and appreciation, because even though many times (in life and in a workout) we will be confronted with uncomfortable situations and emotions, with the right tools and mindsets, we can work through the pain, learn powerful lessons, and come out stronger.

**MT:** RitmoFit's purpose is to inspire, empower, and create a community for women to find support and celebrate their beauty and power through fitness, wellness, auditory art, live music, and artistic and creative self-expression in an inclusive, safe, and fun environment.

### What does the phrase "empowered movement" mean to you?

**VA:** "Empowered movement" means an action that brings forth a feeling of self-love, honor, and respect towards oneself. I have learned that constantly challenging myself through fitness is key and essential to my inner wellness and happiness, that's why I would love everyone around me to experience it and fall in love with empowered movement too.

**MT:** It is about the reminder of who we truly are, especially as women. Power is not something that is given to us. It's something that we already have within us. We are the source of our own power. We can determine our emotional state and self-care is a pathway to power. We have the sacred responsibility to celebrate our exquisite existence. A multi-dimensional being that has survived and thrived over two millennia of oppression and also has the power to create life. We can now buy ourselves flowers!



# Riverhead's Breweries

**C**raft breweries are abundant in Riverhead, making downtown the perfect spot to visit. Each provides its own unique take on craft beer.

### North Fork Brewing Co.

North Fork Brewing Co. is a farm brewery that grows its own ingredients or sources them locally, offering an authentic flavor of the North Fork. The team grows their own nugget and chinook hops for use in their beer. Check social media for any upcoming food trucks.

### übergeek Brewing

übergeek Brewing creates beer that is "at the confluence of art and science." Owner Rob Raffa was inspired by modern cubism and science, and with this he constructs beer using "unconventional ingredients and experimental techniques." They also host a variety of events.

### Peconic County Brewing

Peconic County Brewing is a brewpub located in the heart of

Riverhead on the Peconic River. Don't miss live music and the Sunday Trivia Brunch. The menu offers food items like wings, flatbreads, tacos, and more.

### Long Ireland Beer Company

Long Ireland Beer Company, which opened in 2009, was founded by Dan Burke and Greg Martin, two guys that "wanted to quit their day jobs and make beer for a living, so that's exactly what they did!" The dog friendly brewery is open seven days a week.

Look for weekly theme nights in the tasting room.

### Jamesport Farm Brewery

Just a short distance outside of downtown, Jamesport Farm Brewery is a pet friendly microbrewery and tasting room. It's situated in the heart of the North Fork's wine country. Enjoy the historic potato barn tasting room, the expansive lawn, and views of hop bines. The craft beer uses local ingredients.

### Twin Fork Beer Co.

Twin Fork Beer Co. is owned by twin brothers Dan and Pete Chekijian who were born in Calverton. Their goal? "To build a brewery and produce the finest tasting beer possible." Check their website upcoming live music.

### Tradewinds Brewing Company

Tradewinds Brewing Company in Downtown Riverhead is a microbrewery with an inviting atmosphere. Check their website for upcoming events.

### The Riverhead Ciderhouse

The Riverhead Ciderhouse in Calverton offers naturally harvested apple ciders, as well as local beers and wines. Visit the 8,000 square foot space with tasting room, retail, and cafe.



# Lulu Kitchen & Bar's Lord of the Mandarinine

This cocktail was created by Lulu Kitchen & Bar in Sag Harbor.

- 2 oz Tequila
- .5 oz Mandarinine Napoleon
- .75 oz Lime Juice
- .25 oz Agave syrup (2:1)
- 1 dash Orange Bitters
- \*orange paint and aromatic black lava salt rim

### Method

Put all ingredients in a shaker in this order. Shake vigorously and strain. \*Orange paint is the juice from the rind of an orange, which can be swiped on the glass so the black lava salt has something to adhere to.



# The Red Lion Inn

## A Picturesque Getaway In The Berkshires

By Jessica Mackin-Cipro

**T**he Red Lion Inn, an iconic landmark located in picturesque Stockbridge, Massachusetts, represents some of the best lodging and dining in the Berkshires — perfect for all seasons, but offering a bit of magic in the winter.

Unique character and charm present throughout the property. The main inn offers 82 rooms and suites that have each been individually decorated. There are also a handful of guest houses throughout the property. It transports you back in time — the authentic furniture, the artwork, the original lift. No two rooms are the same,

but each will give you the feeling that by staying here you are a part of an even bigger history.

It all started in 1773 when the building was established as a small tavern and served as a stop for stagecoaches traveling between Albany and Boston. Much of the antique furniture and china found at the Inn today was from a Mrs. Plumb — the Plumbs purchased the Inn in 1873. Today, it's owned by the Fitzpatrick family, and it's been in their family since 1968.

Rich history and old-world charm collide. Jack Fitzpatrick was a Senator in the Massachusetts

State House. Jane Fitzpatrick, like Mrs. Plumb, was also a collector of objects and added hundreds of pieces to the Inn's collection. Jane's daughter, Nancy, and granddaughter, Sarah Eustis, now continue the tradition. It's easy to get lost strolling the hallways of the Inn, admiring the pieces throughout. A Norman Rockwell phone booth (Stockbridge was home to Norman Rockwell and set the scene for many of his classic American paintings), a lion's head on the wall, antique tea pots lining the windows of the restaurant — it all makes up the unique charm.

Throughout the centuries, guests have included five presidents — Cleveland, McKinley, Coolidge, both Roosevelts — as well as Nathaniel Hawthorne, John Wayne, William Cullen Bryant, Henry Wadsworth Longfellow, Thornton Wilder, and Bob Dylan. More recently, the Inn has seen the likes of Steve Martin, Martin Short, Lyle Lovett, and Post Malone.

The restaurant at Red Lion Inn, helmed by Executive Chef Jon Sterrett, is a wonderful spot for a modern take on American classics, open for breakfast, lunch, and dinner (served on the Inn's antique china, of course!). To start the day, breakfast allows you to

indulge the way you should on vacation, with buttermilk pancakes, eggs Benedict, and don't skip Nancy's pastry basket for the table.

For dinner, you can't go wrong with the bouillabaisse or the

pan-seared black cod. For dessert, the Red Lion apple pie is really something special, and a perfect way to close out the all-American meal.

The village of Stockbridge is small and quaint and we love the cafe

culture that the village provides. There were multiple places to get a wonderful cup of coffee and pastry — like Stockbridge Coffee & Tea or The Lost Lamb. Also shop spots like Peace Love & Chocolate or Williams & Sons Country Store while you're in town.



Photos courtesy The Red Lion Inn



# The Itinerary

## A Long Weekend In Palm Beach

By Heather Buchanan

If you are looking for easy sea-breezy meets lap of luxury, Palm Beach is your ideal winter getaway. Within a three-hour flight from New York and only about 15 minutes from Palm Beach International Airport the posh island has been a prized destination since the first hotel opened in 1880, the Coconut Grove, named after the Providencia wrecked off the coast and left 20,000 coconuts which were disbursed and planted. Part Lilly Pulitzer, part Prada, Palm Beach is both old school and new school. While it is the winter home to the wealthy, Palm Beach is also fabulous fun for a quick trip to imbibe in sun, cuisine, fashion, art, and sports. Here's our itinerary.

### FRIDAY

**1 PM:** When you arrive at the Five-Star, Five-Diamond Four Seasons Resort Palm Beach you have the perfect moment of attitude adjustment, greeted with a glass of champagne and warm welcome from the staff who aim to perfect your stay. The resort has recently undergone a major renovation to even heighten its glam factor, a sophisticated yet ultra comfortable oceanfront pampering experience. Expansive water view rooms with luxurious bathrooms and all amenities may tempt you to just lounge in your robe, but there is plenty to enjoy at the resort: two pools (one for adults only) an oceanfront restaurant and bar, fantastic Florie's restaurant, beach lounges and cabanas, as well as boutiques.

**2 PM:** The Four Seasons full-service spa as well as beauty salon offer many services to elevate you to your best self. The Ocean

Salt Stone Massage takes smooth Himalayan salt stones and bathes the body in alkalizing negative ions and 84 essential minerals. The huge spa which would put the Romans to shame includes Jacuzzis, steam and saunas, and expansive locker rooms with therapeutic showers as well as relaxation rooms with drinks and nibbles. Note that if you are not staying at the resort, you can take advantage of the Day Spa Beach Retreat with a 50 minute spa treatment, credit towards lunch, full day access to the private beach, use of fitness center and 10 percent discount on spa retail items.

**5 PM:** Now that you have left your stressed-out self behind, it is time to head into town to Meat Market and put the "happy" in happy hour. Note the hotel is happy to arrange in town transportation and also ride share apps and Circuit electric shuttles are prevalent, no need to drive. Sit at the buzzy bar and enjoy specials 4 to 7 PM like a \$12 glass of Veuve or Tito's Classic Martini with \$2 oysters on the half shell and other discounted nibbles.

**7 PM:** Recently celebrating its 20th anniversary with a festive Rio themed party, Café Boulud at the Brazilian Court Hotel is a credit to the acclaimed Daniel Boulud and also his incredible team including Executive Chef Dieter Samijn. If you sense romance in the air do not be surprised. It is where Daniel met his wife, Katherine, who he married in 2013. Café Boulud offers breakfast, lunch, brunch, and dinner with the Chef's French-American cuisine and dose of South Florida flavor. The sommelier is always available for perfect pairing suggestions.

If you have trouble deciding, the tasting menu is a great way to get all the delectable flavors. The dramatically backlit bar is also a hot spot and if you need the most beautiful cocktail on the island order the White Cosmopolitan with a frozen orchid. Keep an eye out for more special events.

**10 PM:** There is nothing quite like driving down an elegantly lit allée of palm trees to arrive at the grand and historic Breakers Hotel. The stylish HMF lounge is the perfect place for a night cap, open to 11pm or midnight on weekends. Like most places in Palm Beach nice attire is required.

### SATURDAY

**8 AM:** Enjoy coffee on your balcony or grab a coffee from the lobby to sit by the pool or on the beach. Send a picture to co-workers of your "today's office view" to make them jealous.

**9:45 AM:** Labarre is a barre and pilates class which promotes strength, flexibility, and impeccable posture at any age. Founder Jacquelyn Bevilacqua shares her alchemy of timeless mind, body, beauty. Be sure to reserve in advance as it is a popular destination.

**11 AM:** As a reward, walk to the petite but fantastic French bakery Patrick Lézé with great coffees and pastries as well as delicious sandwiches on baguettes or croissants to take to the nearby beach. Or if you want a fantastic juice bar, head to the Amici Market. A Seaview is my green juice favorite. The fine food boutique market and wine cellar is also the go-to for yacht and jet provisioning.

**11:30 AM:** For a fantastic walk, just blocks away is the Intracoastal walkway which runs north from the Flagler Memorial Bridge. You can walk, bike, or jog this paved waterside path and get a bit of fantastic yacht and waterfront mansion watching along the way. Then head back to the hotel to get ready for your power lunch.

**1 PM:** La Goulue redefined joie de vivre when it opened in 2020 in Palm Beach. With a history dating to 1972 in New York from acclaimed restaurateur Jean Dénoyer, this second chic and lively bistro quickly earned new fans of Executive Chef Gwen Le Pape's incredible French cuisine and fantastic wines including by the glass. The charming General Manager Mathieu Potelle adds his warm welcome. Be sure to start with Le Papillon cocktail with casamigos blanco, violette citrus, and butterfly pea flower infusion. Not to miss is Le Soufflé au Fromage, Moules Marinières Frites, and Chef's famous Tarteau Citron Meriguée made since he was six years old.

**2:30 PM:** Valerie Yúgova of A-Studio Spa is the secret weapon of youthful looking women in East Hampton and Palm Beach, offering a private client experience of fantastic facials with her Eminence Organic products, which smell good enough to eat, as well as microdermabrasion, peels, and laser photo-rejuvenation. With her calming energy and customization for your particular needs it is a relaxing and caring experience.

**3:30 PM:** The icing on the Palm Beach beauty cake is to book an appointment at the full service Le Bazaar salon. The bohemian loft like space, full-service bar, and revolving artwork makes it feel more like a private club. They work their magic whether it's a sophisticated, beachy or edgy style, and are also in New York City to keep fans looking chically coiffed in both places. Julian is also the go to for any Leo worth her mane.

**4:30 PM:** From beach to black tie, Michelle Farmer Collaborate, the favorite fashion mecca in both

Southampton and Palm Beach is the place to dress for success. With Michelle's own luxurious line of women's ware paired with carefully curated international designers, it is a unique shopper's fantasy. The helpful staff will style you to perfection with clothes, jewels, and accessories and Michelle can even custom create looks for special occasions.

**7 PM:** At the Four Seasons Resort, famed Argentine-Italian chef Mauro Colagreco of the world's number one Mirazur restaurant in France graces the US for the first time with Florie's. The spirit of the Mediterranean abounds with the live-fire cooking and earth conscious offerings, utilizing the bounty of Southern Florida. The passion for gardening is not only in the fresh offerings like the heirloom tomato and peach carpaccio but on the hand illustrated Botanical Guide cocktail and mocktail menu infused with herbal flare. Don't miss the langoustine yakitori, New Zealand lamb shank, or seared local grouper perfectly paired from the award-winning wine list. And the white chocolate mousse is well worth the calories.

**9 PM:** Stop by for a night cap in the lovely lounge or sit outside to be serenaded by the sea. A perfect drink might be the Orchid, made with Woodford Reserve bourbon, Cocchi di Torino, clarified root beer cordial, saffrafras bitters, and vanilla bean. You might even howl at the moon.

### SUNDAY

**8 AM:** Start your day at Florie's in healthy style with a cold pressed juice, vegan smoothie, turmeric ginger latte, or even the London Fog with Earl Grey tea, vanilla bean syrup, and steamed milk. Or opt for the Mediterranean fare fabulous breakfast buffet.

**9 AM:** Pick your exercise from a swim in the pool to a beach walk to paddle boarding to one of the classes at the fitness center or just sit and meditate by the ocean.

**11 AM:** You certainly have op-

tions for Sunday Funday in Palm Beach. The epicenter is Worth Avenue, which in the early 1900s was home to Alligator Joe's Farm where visitors were entertained by his collection of alligators he often wrestled. While alligator purses may be all that remains, the rich history is there and you can do Historical Walking Tours of Worth Avenue on Wednesdays. Addison Mizner created the upscale shopping mecca and you can even see the grave of his pet monkey Johnnie Brown by the popular Pizza Al Fresco. Unusual pets are not rare, and if you happen to see a pig walking around on a leash, do not fear — it is only the service pig Mona Lisa. These vivacious viaducts off Worth offer some famous shopping. On Via Mizner you have such Hamptons favorites as Via Coquina, Aerin, and Jennifer Miller and on Via Bice, Frances Valentine along with Bice restaurant. If you are lucky enough to score a reservation, Le Bilboquet is also just down the street and has a hopping brunch like its Sag Harbor counterpart.

**12:30 PM:** Paula Cooper Gallery, like its Soho sister, presents leading and upcoming artists and puts them in compelling contexts often with talks from the curators. The current group exhibition brings together Terry Adkins, Matias Faldbakken, and Veronica Ryan with their shared interest in the notion of re-purposing. With a unique sculptural vocabulary, each artist sources and transforms overlooked materials both fabricated and organic.

**1 PM:** The boutique Colony Hotel in the center of town has perfected its pink paradise and Swifty's Restaurant is the see-and-be-seen spot. Reservations are definitely suggested for breakfast, lunch, and dinner, but the pool side bar is a great place to pop in and soak in the haute PB vibe. While they are famous for their Cobb salad, the original crispy brussels sprout taco is sure to please. And get ready for some monkey business with the namesake cocktail of Monkey in Paradise, made with vodka, citrus, mint and ginger.

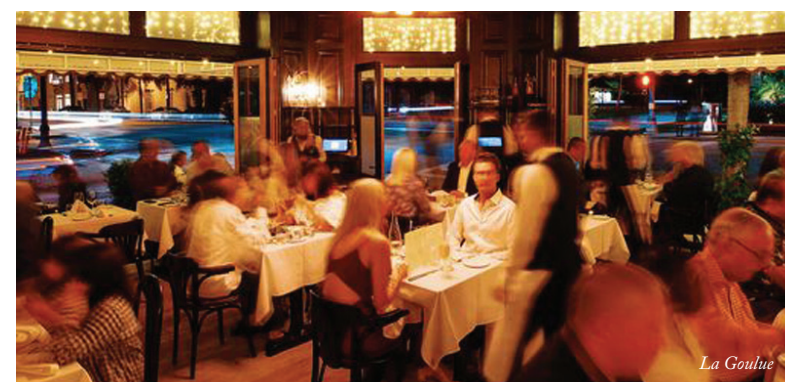
**3 PM:** It's time to get on the water and LuxuryDayCharters.com offers everything from lunch, brunch, and sunset cruises to weekend or longer charters. With access to a diverse collection of classic and modern yachts, Dhardra Blake, a former yacht chef turned charter specialist, customizes clients' experiences. Operating in the Hamptons during the summer as well as Palm Beach, South Florida, Bahamas, and the Caribbean during the winter, Dhardra caters to special occasions and charity events accommodating over 100 guests on select vessels. In Palm Beach, excursion options include cruising along the Intracoastal to view historic estates, properties available for sale, dockside dining, snorkeling off Peanut Island as well as bespoke itineraries to the Keys, Bimini, or the stunning islands of the Exumas in the Bahamas and beyond.

If you are looking to go farther afield, the Four Seasons offers a special package, Polo in Paradise with esteemed polo player Nic Roldan. Guests can attend a Sunday match with Roldan as their guide, attend a master class on foot to learn more about the sport, or even hop on for a one-hour lesson.

**6 PM:** Following polo, Jennifer Oz LeRoy's Maxwell's Plum in Wellington is the perfect spot to celebrate and close out the weekend.

### MONDAY

With a sigh of regret and your special Four Seasons sunglass cleaner in your pocket, head back to the airport and hope maybe snow will have closed the New York airports.



# Shop, Sip & Self-Care At Le Closet

Join Hamptons Fashion Week and James Lane Post at Le Closet, a luxury consignment boutique in Southampton Village, for a day of shopping and self-care.

The event will take place on Sunday, February 19, from 4 to 8 PM. Shoppers will have the opportunity to shop luxury brands while they enjoy wine, desserts, and receive skin-care and beauty tips from Epic Light Beauty. The brand offers beauty products for women of all skin tones, all skin types, and all ages.

“We love local collaborations in the Hamptons — particularly in the winter when we can celebrate our neighbors and local community even more!” said Arielle Haller-Silverstone, co-owner of Le Closet.

Bootights will also display its hosiery line, which sews cushioned performance socks to the bottom of premium tights.



Le Closet. Photos by Apollo Fields

BondxBella will be offering custom-fit permanent jewelry.

“I am always excited to partner with Retail Luxury Stores like Le Closet, who partners with small business owners and offers a shopping experience that gives the Southampton community an opportunity to explore indie brands,” said Dee Rivera of DCG and Hamptons Fashion Week.



# Le CLOSET

# XOXO

## Treat Yourself

Join us for a day of self care, self love, and shopping for small business brands. Enjoy wine, bites, desserts, a love expert, and brands that are perfectly curated for you.

Sunday, February 19, 2023  
4PM - 8PM

9 Windmill Ln  
Southampton, NY 11968



**BOOTIGHTS** EPICLIGHT

James Lane

— POST —



GROUP MEDIA



# Kiss & Tell

By Heather Buchanan

## The History Of St. Valentine’s Day – Love, Rejection, & Some Lusty Pigs

If you had a great Valentine’s Day, meaningful and fulfilling with foreplay, home-made tiramisu, and conflict-free diamonds, congratulations... both of you. For the rest, realize that this day was not meant necessarily to be a crowd pleaser.

Legend has it that St. Valentine was a priest who lived in the third century in Rome. (He bore a striking resemblance to Kris Kristofferson.) Emperor Claudius II ruled with an iron fist and had great ambitions, which demanded large numbers of soldiers. He felt that men were reluctant to leave their wives and families for war so he decreed marriage to be illegal for young men. Valentine vowed to defend holy matrimony and continued to wed young lovers in secret until he was caught. He supposedly fell in love with his jailor’s daughter and left her a note signed “Your Valentine.” On February 14 in the year 269 AD Valentine was sentenced to execution consisting of beating, stoning, and beheading. Maybe not the history Hallmark cards would care to recount. “Hey love is crazy but don’t lose your head. Happy Valentine’s Day!” Aside from being the patron saint of young lovers, Valentine is also the patron saint of beekeepers and epilepsy. Pretty diverse job description.

Some say the Christian Valentine’s Day was invented to replace the ancient pagan festival of Lupercalia in Rome, which was held on February 15. It involved sacrificing animals, then men dressed as goats would run around the city with strips of leather from the hides, slapping women who hoped to have a fertile year. As vegan feminists shake with rage in their pleather boots, we remember that this was a time where the fertility of people, animals, and crops were essential to survival. Of course, a mass foot rub and a little CDB oil in the Coliseum might have been a much more pleasant alternative.

Different rituals of Valentine’s Day play out throughout the world. In Italy, young women would wake up before dawn and the first man she would see she would marry in a year. Finally, this idea was abandoned as milkmen, the Amazon Prime delivery-men of today, seemed to be populating the city centers.

In Germany, the pig is representative of luck and lust so a card with pigs posing in provocative postures would not be out of line and even make some tasty ginger cookies. France used to have a Valentine’s Day custom called “une loterie d’amour” or a drawing for love. Single people would gather in houses across the street and call out to each other until they paired off, the love version of kick ball. The male suitor, if not attracted to his female partner would leave, and the deserted women who

were left would build a bonfire and burn images of the men who rejected them while hurling curses and abuse. Apparently, this got so out of control that the French government ultimately banned the tradition in the 1950s. I don’t know. I think this could be a pretty hilarious moment in Sag Harbor if the singles gathered across from each other at Schiavoni’s and the American Hotel and started calling out. And hey, if the bonfire of female rage got out of hand, the fire department is right next door.

Where does all this leave us with the question of how to celebrate Valentine’s Day or thereafter? Maybe leave anything flammable, involving swine, or a felony out of it. Small gestures can mean a lot. You don’t need to marry the delivery-person but maybe say, “Hey, thanks so much for getting me my neck wrinkle cream in an emergency.” Being kind and loving doesn’t need to be limited to one day. We are living in a time where people are quick to anger and say negative things, so to honor our St. Valentine think about a small positive gesture to someone and maybe buy some local honey.

For all the lovelorn, please join me for the spoken word event at The Church in Sag Harbor Friday, February 17, for fantastic writers sharing their thoughts on love.... There will be wine, no pigs.

Each writer will read one of their works created for or pertaining to the program’s theme. The Church will transform its space into a bohemian-style writer’s night club, with café table seating in addition to traditional lecture format. Limited tables will be available and can seat two to three guests.



Photo by Scott Frances

## All The World’s A Stage

Calling all writers and lovers of the written or spoken word! Eager to provide opportunities and experiences for both writers and appreciators of the craft, The Church in Sag Harbor presents All the World’s a Stage, a new series featuring a select group of writers at varying stages in their careers. The series begins on Friday, February 17, at 6 PM.

Given the event’s proximity to Valentine’s Day, the inaugural program is centered around the theme of love and is titled, All the World’s a Stage: Love is a Verb, inspired by the famous Bell Hooks quote. The chosen writers will each share one work related to love, in its varied meanings and incarnations. The evening will explore the written word in varied forms: poetry, prose, fiction, essays, rap, spoken word, etc., from total novices at age 16 to seasoned and acclaimed published authors — and everything in between. The roster of writers includes Heather Buchanan, Bill Goldstein, Candace Hill-Montgomery, Amir Idris, Talena Mascali, Kate Mueth, Lora Tucker, Marta Lucia Vargas, and a Pierson High School Junior or Senior.

A light reception with refreshments, cheese, and sweet treats

by Cavaniola’s Gorment and Wölffer Estate will be available in conjunction with the program. Following the segment of curated writers will be an open mic. Audience members are encouraged to sign up for the open mic portion and read their own works or pieces from a beloved writer or friend. Please note that only three to four spots for the open mic will be available, so if you want to share your work, make sure to arrive early and sign up upon entry. Open mic participation is limited to three minutes when read.

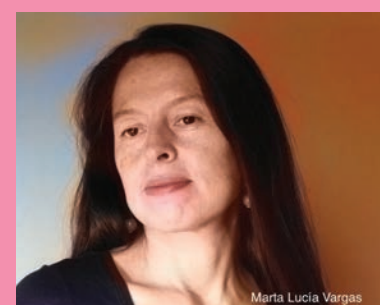
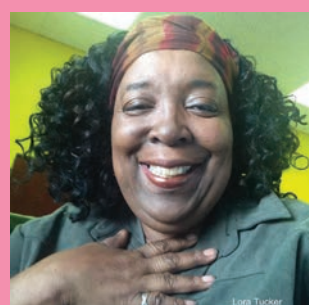
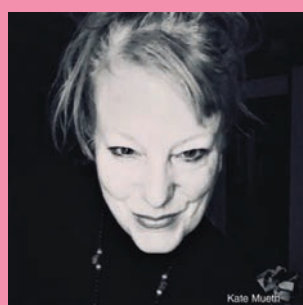
Program sponsors include Lena Kaplan, Ann Ciardullo and Keith Green, Alex McNear and Robert Stein, among others.

Tickets are \$10 for regular seating and \$15 for café table seating.

# All the World’s a Stage: Love is a Verb February 17th | 6:00 PM

### A spoken word and open mic night

With performances by Heather Buchanan, Bill Goldstein, Candace Hill-Montgomery, Amir Idris, Talena Mascali, Kate Mueth, Lora Tucker, Marta Lucia Vargas, and a Pierson High School Junior or Senior



**THE CHURCH** 48 Madison Street, Sag Harbor, NY 11963

**Tickets:**  
Regular Seating : \$10  
Café Table Seating: \$15

Thank you to our sponsors: Lena Kaplan, Ann Ciardullo and Keith Green, Alex McNear and Robert Stein, among others. Additional thanks to our media partner James Lane Post



New for you in 2023 — Nestled in the quiet enclave of Bay Point and just a short distance to the iconic Noyac Bay with spectacular sunsets. This 6 bedroom, 6.5 bath home offers a brand new transitional modern twist on the classic barn-style with open airy rooms, and ample entertainment space inside and out. You can be the first to enjoy the much sought after design and build by Walden Pine Development just completed and ready for immediate occupancy. **\$4,895,000 | Web# 878407**



*corcoran*

Jason B. Schommer

Licensed Associate RE Broker

jschommer@corcoran.com

m: 917.553.7383

@jasonbschommerhamptons



Member of Corcoran's Multi-Million Dollar Club  
Ranked among the top 1.5% of real estate professionals  
in the United States by America's Best\*

Real estate agents affiliated with The Corcoran Group are independent contractors and are not employees of The Corcoran Group. Equal Housing Opportunity. The Corcoran Group is a licensed RE broker located at 590 Madison Ave, NY, NY 10022. All information furnished regarding property for sale or rent or regarding financing is from sources deemed reliable, but Corcoran makes no warranty or representation as to the accuracy thereof. All property information is presented subject to errors, omissions, price changes, changed property conditions, and withdrawal of the property from the market, without notice. All dimensions provided are approximate. \* 2022 RealTrends + Tom Ferry