

# James Lane

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'SHE PIVOTS'

EMILY TISCH SUSSMAN

*Photo by Gabriela Herman*



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# She Pivots

## Emily Tisch Sussman Talks Third Season Launch Of Award-Winning Podcast

By Jessica Mackin-Cipro



Photo by Gabriela Herman

“She Pivots” is a podcast hosted by Emily Tisch Sussman, which has started its third season with a guest appearance by Misty Copeland, who is famous for breaking barriers in ballet. In this episode, Copeland talks about how she learned to embrace different paths and roles as one of the most renowned ballerinas in the world.

“Misty’s story is so much more than meets the eye and encapsulates how personal experiences can lead to a shift in perspective and eventually a pivot. This season is all about highlighting stories of personal events that can change our mindsets and lead us down a new path to something unexpected and better than we could have imagined, and Misty’s journey is a true testament to that,” said Sussman.

“She Pivots” aims to redefine women’s success stories by spotlighting real-life experiences of women who exhibit that success is not a one-size-fits-all formula. This season’s guests include Vanessa Hudgens, Rebecca Minkoff, and Christy Turlington.

We spoke to Sussman, who resides on the East End, to learn more.

**Congratulations on the Season 3 launch of “She Pivots.” Tell us about how the podcast began and your inspiration for starting it.**

I started “She Pivots” out of a need to hear stories of inspiration from women who had gone through something difficult but came out of it on the other side with a new mindset. I needed to hear the stories because I just left my decade-long career in DC politics after having three kids in just four years, right smack dab in the middle of the Trump presidency. It was

definitely the right move for me and my family, but at the time, it felt crushing to lose a career that I had worked so hard for — a career I measured my worth against.

Like so many high-achieving women, I had defined success using those traditional markers: a career, a promotion, the corner office, awards, etc. When I left that more traditional trajectory, I realized that those ideas and markers of success are not what truly defines our success. So, I started “She Pivots” to showcase the stories of women who have carved their own ideas of success in spite of it all.

**Can you tell us more about your pivot?**

It all started when I was working in DC as the Vice President of Campaigns for the Center for American Progress — I was at the top of my career. I was regularly making appearances as a political strategist and commentator on cable news shows like Fox, MSNBC, CNN, and more. I had worked on the repeal of Don’t Ask, Don’t Tell. I ran some of the first celebrity surrogate campaigns — I had really done it all.

Then, I had my three kids in just four years, and it all became unsustainable. I remember I was in the Fox News studio for an early morning TV hit at 4:30 AM, and I was trying to pump and juggle my other full-time job, and I realized that this was unsustainable. So, I decided to leave my career and venture into consulting. I stayed with one foot in politics for a while, but I couldn’t escape the feeling that I had lost the “success” I had worked so hard for. As I started to talk about it with other people, I realized that I was not alone in this feeling and that I had so much to learn from other women who had gone through their own pivot.

As I kept searching for stories of inspiration, I realized that we needed to change the cultural conversation around our careers, and it was through these stories that we could move the needle.

And so here we are, in the third season of “She Pivots,” and we have done it. The way women are talking about and viewing their careers, lives, and “success” is changing, and I couldn’t be more proud.

Of course, I have to mention that as a result of my pivot, I have been lucky to become locally involved in my community — something I never felt living in New York City or DC. I serve on the board for Ross School, am a founding member of our local Moms Demand Action group, and work with the Bridgehampton Community Center to stay involved in all the amazing things happening here locally.

**Talk a little about the season three launch celebration. Any moments that stand out to you?**

Every time I host an event, I want to make sure my guests walk away feeling like they were a part of something meaningful. And that was no different with our launch celebration this year. I have the honor of speaking with so many incredible women on this podcast, and I really want to use this party as a way to bring these insights and relationships out of the studio and into real life.

In my remarks, I encouraged guests to be bold, to make asks of one another, and to put out what you have to offer. We’re a generation of women who build bridges, not a generation of women who compete with one another.

One of our attendees, Hitha Palepu, shared something that warmed my heart and encapsulated what I had hoped to achieve for the celebration, that the party felt like “a family reunion with only the relatives you really like.”

**You kicked off the season with Misty Copeland. Tell us about this interview.**

I’m convinced Misty Copeland is a real-life princess. She carries herself with such grace and humility, especially considering how much she has gone through and how much she has done in her life. I am so proud to kick off this season with Misty, whose story and pivot is so much more than meets the eye.

Her episode is deeply personal as Misty opens up about the stages of her life that shaped her perspective and ultimately led to a career beyond ballet.

You’ll hear everything from her experience growing up incredibly shy with a difficult home life, a very tough and public custody battle when she was just a young teen, going through puberty at the age of 19, the impact of several near career-ending injuries, and how she embraced her platform to have a greater impact on the ballet industry.

One of the moments that stands out to me was when she answered the question that I asked all of my guests: “What is one moment that you saw as a low point that really set you on the path to where you are now?” And she said that it was when she performed in “Firebird,” and she was on the brink of snapping her tibia. She had several stress factors that were almost to the point of breaking, and she danced anyway. She danced in front of a majority Black crowd, and she

felt like it was one of the most important things that she did in her career because she realized that it was “not about me as an individual. But it’s about how I can use my voice and use my platform to bring about change. And I think that that just made me feel like I could do anything.”

**Tell us about some of the other guests you interviewed this season.**

One of the things I’m most excited about this season is the truly vulnerable stories from women across every discipline, age, and experience. I’m very excited to debut this season, Dr. Sheena Howard. She’s a professor who is the first Black woman to win an Eisner Award, which is known as the Oscar of comics. After dreaming of being in the WNBA her whole life, Dr. Howard suffered a career-ending injury, which forced her to pivot and really reckon with her path at a young age.

We just released our interview with Elizabeth Bellak, a Holocaust survivor who spoke so openly about her experience escaping from the Nazis hiding in plain sight in convents across Eastern Europe. Her life is steeped in a pivot that was forced upon her at a young age and has dictated how she views and approaches her life.

Then, of course, we have some incredible women like Christy Turlington, Founder of Moms Demand Action, Shannon Waters, Vanessa Hudgens, and more joining us this season. So make sure you’re subscribed so you don’t miss anything!

**You champion causes that support women. What are the most important causes to you at the moment?**

After working at the federal level for so long, I am so proud to champion local causes. This summer, I was proud to work with fellow moms to launch the Moms Demand Action, Sag Harbor Group, to empower parents to have a real and lasting impact in the fight to end gun violence. The event featured leaders from Moms Demand Action, Everytown for Gun Safety, and Teachers Unify to End Gun Violence to share resources and insights on how the community can drive cultural and legislative change.

I also serve the Ross School board and work with the Bridgehampton Community Center to keep our community active and engaged. Beyond “She Pivots” — I’m proud to invest in women-owned companies and theater, and I just joined as a co-owner of Gotham FC, Go Bats!

But at the core, my true passion is women. Empowering women, connecting women, changing the narrative for what working-women’s idea of success is. It comes in so many different forms, and I’m excited for a year to continue our work in the women’s space.

**What’s next for “She Pivots”?**

The sky! I am so proud of what “She Pivots” has become. I never thought I would interview women like Vice President Harris, Misty Copeland, or Priyanka Chopra, but it shows that these feelings at the intersection of our careers and personal lives are real and felt by everyone.

As I interview more and more incredible women, I hope it shows women everywhere that whatever change or pivot they make is the right one. It might not seem like it in the moment, but the women of “She Pivots” prove that it’s possible.

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Photo by David Benthall

# Figue-ing It Out

## Liz Lange On Her Bohemian Chic Brand

By Ty Wenzel

**L**iz Lange has been a significant force in the fashion industry for over two decades. She made a name for herself in the late 1990s with her eponymous maternity clothing line, creating stylish and figure-flattering designs for expectant mothers. After selling her company in 2007, Lange focused on democratizing fashion and making designer styles accessible to all women with her collections for Target, Kohl's, and QVC.

In December 2020, Lange acquired the bohemian chic brand Figue, marking an exciting new chapter in her prolific career. She

sat down for an interview to discuss her inspirations and vision for the fashion label.

When asked what inspired her to acquire Figue, Lange explained, "I acquired Figue in December of 2020. It was the middle of Covid-19, and I had heard that Figue was for sale. I adored the brand and coincidentally found myself (due to Covid) living full-time at our house in Palm Beach (rather than New York City) and, as such, wearing my Figue dresses and kaftans 24/7. They just felt comfortable and chic and really right. I had been a brand fan forever and was looking for my next chapter. This just seemed meant to be."

Describing the Figue aesthetic, Lange said, "We're big on the idea of approachable maximalism. Think statement prints, vibrant colors, and rich textures, all brought together in a way that feels effortless and wearable. It's about creating clothes that let you be your most colorful, confident self, no matter where the day takes you. It's a bit of a jet-setter vibe, with a touch of '70s glam thrown in. We love mixing global influences and unexpected details to create pieces that feel truly unique. But at the end of the day, it's all about clothes that make you feel good."

Regarding how her travels influenced the collections, Lange remarked, "My love of travel was instilled in me at a young age by my parents, who were huge travelers and always took my sister and me with them. By the time I was 18, I had pretty much been everywhere. As a seasoned traveler, I refuse (and refuse to allow my children or husband) to ever check luggage. I need clothing that I can throw into a carry-on bag and will work in a variety of situations. That is exactly how I design Figue. All our dresses, kaftans, and separates can create a myriad of looks depending on how you combine and accessorize them. As such, they can truly take you from the sand to sundown or from running around the city to chic dinners and even black-tie events. Sounds like a magic trick, but it's true. That's the beauty of Figue!"

When asked about her design

process, Lange explained, "I start with a mood, a vibe, maybe an image of someone I find chic and then build it from there. Often, for example, I'll have Jackie O in my head and ask myself, 'What would Jackie wear?' and the rest flows from there." On selecting fabrics, she said, "We love silks and cotton in various weights and finishes, as they are luxurious and sustainable."

Discussing the evolution of Figue, Lange shared, "When I first acquired being famous for our bold prints and kaftans, which honor the brand's heritage, we have infused it with more separates and even solids (we call these blank canvas) and knits."

Addressing the challenges of running a fashion brand, she explained, "People mistakenly think the fashion industry is glamorous, but in reality, it's a thrift business and a lot of hard work. I think, like so many other entrepreneurs, I am a very optimistic, solutions-oriented person. So, when things go wrong rather than dwell on it, I just talk with my team about how we can fix it and what are available options and move forward. It's the only way one can survive."

Detailing a typical day, Lange explained, "I start at around 7 AM by doing my Instagram posting, responding to followers, and working on the press, which involves doing interviews like this one. The rest of my day is divided between sitting in multi-hour fittings and design meetings, seeing fabric vendors, visiting stores that carry

Figue, problem-solving, and anything else the day throws at me."

On designing for the Figue woman, she said, "The Figue woman is someone who embraces life and all its adventures. She's not afraid to stand out, but she also wants clothes that are comfortable and easy to wear. She's the kind of woman who can go from the beach to a cocktail party without missing a beat — which is very me!"

Touching on where customers can shop the brand in person, Lange responded, "Although we don't have our Figue retail shops, we have a brand new, very shoppable website and a showroom in NYC. It's also easy to see Figue in person at a multitude of local retailers who do carry it, including multiple Saks and Neiman Marcus locations, Curio by Faena, Tootsies, Hive, and Marissa Collections, among others."

Discussing future goals, she shared, "Figue's future is brimming with exciting possibilities. We're committed to staying true to our DNA while embracing aspects of quiet luxury that remain true to Figue form. I do hope to ultimately open at least one retail boutique, perhaps in Palm Beach, where I spend my winters these days. We plan to have a multitude of categories, many of which we have started to dip into already, including but not limited to tabletop, swim, knitwear, and home accessories. International expansion also seems like a natural progression for the brand."

Lange emphasized advice for aspiring designers: "Definitely start by doing something that seems a bit out of fashion these days: get a job working for a fashion brand or designer before starting on your own! I know everyone wants to be an entrepreneur and have their own 'lifestyle brand' these days, but the skills you will learn working for someone else first will be invaluable."

Exploring what inspires her now, she responded, "One place I have never been and am dying to go is India. I want to meet with some of the artisans who produce our clothing, and I know how inspired I'll be by the colors, the jewels, the women, the food, all of it."

Through Figue, Lange has found the perfect outlet to merge her two great loves — fashion and travel. Her globetrotting spirit and eclectic tastes shine through in the exotic patterns, luxe fabrics, and versatile silhouettes that define the brand's collections. As both a mother and a seasoned jet-setter who refuses to check bags, Lange designs each piece with the modern wanderlust woman in mind. Her creations aim to elegantly transition from shore to soirée, emboldening women with effortless glamour no matter where their adventures take them. With Figue, Liz Lange has created the ultimate travel-ready fashion brand that embodies her bold spirit, passion for discovery, and feminine but functional aesthetic.



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# Sarah Wetenhall

## Pink Paradise At The Colony Hotel

By Jessica Mackin-Cipro



Photo by Nick Mele

Sarah and Andrew Wetenhall are the owners of The Colony Hotel, a pink paradise in Palm Beach flocked to by many East End snowbirds. We spoke to Sarah to learn more about the history of the famed venue and this season's offerings — from a collaboration with goop to fitness program by Tracy Anderson.

### Can you start by telling us about the history of The Colony Hotel?

The Colony Hotel debuted in 1947 during Palm Beach's post-World War II construction boom. Commanding the western end of Hammon Avenue, The Colony was (and still is) in an unparalleled location — just steps from both the ocean and iconic shopping destination, Worth Avenue. In the '50s, it was bought by real estate investor Joseph Tankoos Jr., who brought a sense of sparkle to Palm Beach. During his reign, The Colony was described as gracious, elegant, popular, and the beloved resort home of the rich and famous. Guests such as Judy Garland, Lena Horne, John Lennon, Sophia Loren, The Duke and Duchess of Windsor, and Frank Sinatra all frequented the hotel.

The Colony was also a beloved backdrop for photographer Slim Aarons, who was known for capturing beautiful people doing beautiful things in beautiful places. The hotel was sold to David McConnell and my father-in-law, Robert Wetenhall, in the 1970s, and underwent several renovations of the facilities and rooms. During this time, The Colony was committed to the local Palm Beach community, hosting charitable galas, and buzzing with entertainment, glamour, and celebrations. Although ownership was transferred in the late '80s, my father-in-law remained involved and dreamed of a day when the property resembled the crown jewel it once was. Fast forward to 2016, when my husband, Andrew, and I purchased the hotel and embarked on a journey to restore it to its former glory. My father-in-law always told me that owning the hotel would be the best years of my life, and they have been. The Colony had been in our family for

nearly five decades; my husband, Andrew, grew up traveling to Palm Beach. When we purchased the hotel, our goal was to honor the property's colorful and storied past while welcoming a new generation of well-traveled and discerning guests. We wanted to remove the veil of Palm Beach mystique and create a place that had something for everyone.

### Let's talk about the iconic design. Could you tell us about the restoration of the property and how you brought your vision to life?

Although the restoration of our Pink Paradise began when my husband and I purchased the hotel in 2016, it really culminated during the summer of 2020 when we redesigned the hotel lobby, which we now refer to as The Living Room. We hired Celerie Kemble and Mimi McMakin of Kemble Interiors to spearhead the redesign. They were the perfect fit to represent the island's multi-generational aspect and speak to the desires of the "old Palm Beach" guard. We then partnered with de Gournay, who designed a bespoke mural as a respectful nod to the mural that was in the original hotel lobby in 1947.

The next phase of the restoration was the guest rooms. In the summer of 2022, in honor of our 75th anniversary, we embarked on a complete guest room redesign with Kemble Interiors and de Gournay, along with Society Social, Schumacher, and Farrow & Ball. As a part of this redesign, we debuted our capsule furniture collection with Society Social, an 11-piece collection designed in collaboration with Society Social founder Roxy Owens. The assortment, consisting of artisan-crafted rattan and faux bamboo pieces, together with select upholstery items, is inspired by old-world Palm Beach and captures the tropical glamour typical of The Colony as well as the playful and vivacious spirits of both brands. This furniture is featured in each guest room.

Renowned fabric house Schumacher also collaborated on the

project to recreate heritage designs customized in pink, green, and blue colors exclusive to the hotel. This restoration was truly a celebration of design and a homage to our storied past. It embodies not only the elegance and class of Palm Beach but also its whimsy and revelry. Although never fully complete, each project brings the hotel closer to the best version of itself, reinforcing its legacy of being a place to connect meaningfully and authentically with Palm Beach, its colorful history, and all it has to offer.

### Tell us about your mascot, Johnnie Brown.

Johnnie Brown is one of Palm Beach's celebrities! Affectionately known as "JB," he was the beloved pet monkey and constant companion of Addison Mizner, the famous architect who designed the Everglades Club and much of Palm Beach. In the 1920s, he could be spotted in the heart of town on Mizner's shoulder. Today, he is our mascot and pays tribute to our whimsical and nostalgic nature. JB can be found in every corner of our Pink Paradise (guests can even text him!)

### You recently collaborated with goop to create a villa. Can you talk about this experience?

When we contemplated a partner for our next villa redesign, it was imperative to collaborate with a brand that shared our vision of beautiful living and meticulous design. goop was the perfect fit because of its dedication to making even the smallest moments deeply meaningful and experiential; from there, the conversation happened organically. We were able to move relatively quickly to bring the goop Villa to life because of our mutual commitment and excitement to work together. The process was fast-paced and smooth, and our visions were aligned from the start. Both of our brands have an unwavering commitment to uphold their mission, and with this mutual understanding, we were able to bring out the best in each other. The result? An amalgamation of the feminine, Parisian aesthetic that goop is known for, coupled

with the fun and whimsy of The Colony and Palm Beach. We created a space that is exhilarating from a design standpoint, yet serene and cozy: the kind of hotel room that you never want to leave. It is a stunning, collected mix of old world and new, an elegant, feminine sanctuary, complete with an array of goop beauty products for guests to enjoy.

### Last summer, the Southampton Hospital Gala theme was A Night at The Colony Hotel. Please tell us about the evening.

We had the pleasure of sponsoring the Southampton Hospital Gala on August 5 to benefit Stony Brook Southampton Hospital. This marked the third summer of taking our Pink Paradise on the road to visit our guests in their summer home — the Hamptons! For one night only, we successfully transformed the event venue in the heart of Southampton into Palm Beach's pinkest hotel — from the dance floor (which was wrapped with an image of our swimming pool complete with our lounge chairs and towels) to the table linens, and of course floral design by Lewis Miller, the evening truly felt like a night at The Colony Hotel. More importantly, the evening was filled with both new and familiar faces coming together to support a crucial cause in our community.

### What does your perfect day in Palm Beach look like?

When I'm not working, a perfect day in Palm Beach starts with a Tracy Anderson class at The Colony and an order of Pop-Up Bagels; it's called balance! Of course, a stroll down Worth Avenue is a given, as well as a visit to The Royal Poinciana Plaza to complete any and all shopping needs. If my kids are with me, we are biking the Lake Trail or surfing at the beach, and if they're not, it's cocktails at Le Bilboquet, followed by dinner at Swifty's.

### Can you tell us about some of the in-residence partners you have this season at The Colony Hotel?

It is true when we say The Colony has something for everyone. From fashion and retail to fitness, beauty, and art, you don't even have to leave when you check in to the Pink Paradise!

Dolce&Gabbana has returned to our Pink Paradise with a pop-up boutique until 2025. Tracy Anderson's fitness classes are back as well. Just as our clients are between Palm Beach and New York, so are Tracy's.

For facial treatments and massages, Naturopathica is in residence with us for the first time. Their established spa and line of products are well known and respected in New York and on the East End, so it was a no-brainer to bring them to The Colony. Luxury brand Asprey is also back for another season, located in the mezzanine above our Living Room. Guests adore the one-on-one service and shopping experience that Asprey offers. In our Solarium, we have artist Rachel Morrissey debut-

ing her new solo show, "Bloom," in February. I cannot leave out Pop-Up bagels; this cult favorite has quite the following! We have guests traveling from as far as Miami to pick up their dozen, and they sell out within minutes every weekend.

We always say that The Colony is much more than a hotel; it is a way of life and, as I've stated before, a place to connect meaningfully and authentically with Palm Beach. It is through these best-in-class partnerships that we can consistently surprise and delight our guests and provide them with an experience that is like staying with a gracious, sophisticated, and well-connected Palm Beach friend.

*Coming up: Guild Hall in East Hampton will hold its 2024 Visionaries Luncheon featuring Rebecca Hessel Cohen, Love-ShackFancy Founder & Creative Director, in conversation with Sarah Wetenhall at The Colony on Thursday, March 14.*



Sarah Wetenhall, Gwyneth Paltrow Photo by Nick Mele





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# Luke Gulbranson

## Love... Reconsidered

By Jessica Mackin-Cipro

Photo courtesy Luke Gulbranson

Just in time for Valentine's Day, it's the world premiere of rom-com "Love... Reconsidered," a film based in the Hamptons. The film screens in select New York City theaters, including Village East by Angelika and New Plaza Cinema. It has also made its debut on streaming services.

Based on a true story, the film is produced and written by local business owner Arielle Haller-Silverstone, the owner of Le Closet in Southampton, and directed by Carol Ray Hartsell.

The film tells the story of Ruby, played by Sophie Von Haselberg, a New Yorker who is down on her luck and can't seem to keep a job, a boyfriend, or find a way to leave her parents' house, but aspires to be so much more. In the film, her life is transported to the Hamptons after meeting a quirky, wealthy consignment store owner named Golda in Central Park, who hands over the keys to the shop. The film also features actors Colton Haynes, Luke Gulbranson, Jill Kargman, and more.

Once in the Hamptons, Ruby attempts to connect with an ex who wants to stay her ex, a charlatan disguised as Gwyneth Paltrow's bestie, and various other characters. The film shows their stories entangled in a humorous and heartfelt web. When an apartment she's meant to stay in doesn't work out, she moves into a room in an old camper owned by John, played by Luke Gulbranson.

We caught up with Gulbranson, who was also a castmate on Bravo's "Summer House," to learn more about his experience playing John in the film.

**Tell us about the character John and your storyline in "Love... Reconsidered."**

What I liked about John is I envisioned this guy who has a quirkiness to him,

which I think is fun. He's a bit far out there, kind of spacy, but yet he has his shit together. He's from the Hamptons. He grew up there... He owns and operates a plumbing business and works as an electrician. I feel like everybody in the community knows him. He's a very smart man, but he has his own weird way of solving a problem. I feel like John brings a sense of humor and fun to the people he's around. He doesn't even realize that he is doing it. I felt like John didn't take life too seriously, yet he has a sense of depth and a philosophical touch to his personality.

The characters in this story find him endearing and are drawn to him, which is pretty cool. His ideas are far out there but realistic, and he always means well. It

was a fun challenge to bring that to life. I really had a lot of fun playing the role of John. And I think that people enjoy his character as they watch the film.

**Can we discuss the \$150/night room in the camper that Ruby rents from John?**

It's not the nicest room. It's actually kind of far from it. However, as you and I know, and obviously as John knows, it's pretty standard for the astronomical rates you'd find right in the Hamptons. Because he has such a big heart, I don't think he does it to try and rake money or take advantage of people. I think John's just been there for so long that he's like, this is just how it is.

**We love how each storyline tells a different tale of a Hamptons-based relationship (love, work, friendship). Is there a particular scene that is your favorite?**

I enjoyed the process of filming. Every day we were on set, it was a lot of fun, and our whole crew was really great to work with. I don't have any particular scene or part I've enjoyed the most because the whole process was a lot of fun. I will say that I really do like Ruby's story throughout the film. I like that you find yourself rooting for her along this ride of ups and downs, and it leaves you with a sense of hope that she'll find what she's looking for, whether it be happiness or love. That keeps you

really intrigued in these other stories and the cast of characters you meet along the way. When you watch a film, you want to watch something you can relate to and connect with. And I think that's what makes a good film, a good film.

**Now that you've filmed reality TV with "Summer House" and a feature film in the Hamptons, can you talk about the filming process for both? What's your takeaway from each experience?**

That's a really good question. I've been pretty fortunate to do both sides of the TV and film world, both scripted and unscripted. I've been a scripted actor before being part of the unscripted world. Working in scripted film, you're an actor, and acting's an art form. It takes years of studying and rehearsing the practice and the skill to develop the tools you need to go on to a set and apply. In unscripted, you're really just being a raw version of yourself in these moments, and it's being captured.

What is interesting about the two is that as an actor, you want to be able to live in an imaginary circumstance, make choices, have a backstory, and live in this character. But you want it to be real, right? You never want to act at acting. I've learned over the years that it needs to be real in that moment.

But in unscripted, you get to just be real. It's just you yourself. So whether it's unscripted or scripted, you want the same result. It's just the amount of work that goes into scripted, with your studying and the work that you have to put in to live in those moments through your practice.

**What are your favorite places to visit when you're in the Hamptons?**

The Hamptons have a very special place in my heart. I've spent the past few years of my life out there throughout the summers. I will say it's a big difference when you're filming on a film set in October compared to filming throughout the summer. When we were filming the movie, it was a lot quieter than all the places we were filming during the summer during "Summer House."

The thing I've liked about the Hamptons is that it reminds me a lot of my small town in northern Minnesota... It really is just a small community. They're all so kind, and I find myself feeling really comfortable and like it's my home away from home when I'm there.

I really enjoy going to Southampton Social Club. That's been a staple of a place that I feel like a lot of us have gone to throughout our summers. Union Burger Bar is fun. Just walking down Main Street, Sag Harbor is so cute and fun, and there are always really cool shops. A friend of mine owns a place called In Home, which is an awesome furniture store there. I enjoy going in and checking out their new creations, grabbing an ice cream cone and walking down the street, having a burger or something, and just chilling.



A still from "Love... Reconsidered."



# Look At The Book

## Exhibit Opens At The Southampton Arts Center

“Look at the Book” is the Southampton Arts Center’s first exhibition for 2024, opening on Saturday, February 24, and running until May 4.

Curated by SAC’s Executive Director, Christina Mossaides Strassfield, it will be a multi-media exhibition, on show in SAC’s galleries, featuring 33 artists including Anita Balkun, Mary Ellen Bartley, Stephanie Brody-Lederman, John Buchbinder, Neke Carson, Carolyn Conrad, AG Duggan, Patricia Feiwel, Dorothy Frankel, Chip Haggerty, Barry Holden, Carol Hunt, Elaine de Kooning, Donald Lipski, Christa Maiwald, Karyn Mannix, Richard Minsky, Jennie Nichols, Alfonso Ossorio, Erin Parsch, Goran Petmil, Joe Pintauro, Gabriele Raacke, Randall Rosenthal, Barbara Slate, Hadley Vogel, Paul Vogel, Dan Welden, Halsted S. Welles, Ellen Wiener, Julie Wolfe, Nina Yankowitz, and 00100011 [Hashtag], all of whom explore the idea of literacy and symbolism of books in our culture. The exhibition will open with a public evening

reception at SAC on Saturday, February 24, at 6 PM.

The exhibition will focus on how contemporary artists have engaged with the book as a surface, structure, found objects, and philosophical and literary guide. The works will include all types of books, from accordion, video, and audiobooks to graphic novels, sculpture, photography, and even site-specific installations created with and from books.

Strassfield said, “This exhibition is a fascinating exploration of the evolving role of books in our digital society, the implication on society of banning books, and the constant need to defend freedom of speech in today’s America. It also delves into personal and societal literacy, which is still a challenge in the United States, especially in Suffolk County.”

Through curator tours, panel discussions, community talks, and workshops, SAC will provide artists and community members with ways to discuss the



Artwork by Gabriele Raacke

work and these ideas.

“Books have long since been a reliable source of information to learn about the world and culture. They are a way of handing down the information and stories from generation to generation as well as transporting us to fantasy worlds and places full of new ideas,” said Strassfield.

“Without books, we have to ask ourselves how do we access information, is it real

or fake? Is it factual or propaganda? Are humans providing us with news or AI bots? Many people no longer have books in their homes or read newspapers. Some books are still banned, many people receive their information and news through social media today; how does this affect our understanding of the world, our ethics, and how we live our lives?”

The robust public program and classes supporting the exhibition incorporate

sessions with Strassfield, artists such as Karyn Mannix and Amelia Bedelia, and illustrator, artist, and teacher Barbara Thomas.

“Don’t miss this beautiful conversation about one of the most critical topics of our age. British novelist Virginia Woolf said, ‘Books are the mirrors of the soul,’ come and examine this idea with us through thought-provoking art and fascinating discussions and workshops,” said Strassfield.

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# A Home After The Holidays

## Jill Rappaport Continues Campaign With Southampton Animal Shelter

By Jessica Mackin-Cipro

Animal advocate, journalist, and author Jill Rappaport launched a holiday adoption campaign, “A Home For The Holidays,” with Southampton Animal Shelter. The goal was to find forever homes for a selection of dogs who needed it most at the shelter.

“Especially this time of year, we need to think about the animals in the shelters because it’s the worst it’s been in years,” said Rappaport. “I reached out to Nicole at Southampton Animal Shelter, and I said, ‘I wanna come there and shine a light on them in a different way.’”

The initiative focuses on some of the more difficult adoption cases — seniors, pits, and special needs.

“I want to focus on your underdogs. Don’t give me your healthy, beautiful puppies. I want your seniors, your pits, your special needs,” Rappaport continued.

Fourteen dogs have since found homes during the campaign, with a few more to go, inspiring Rappaport to continue the campaign as “A Home After The Holidays.” She aims to find homes for the remaining dogs this winter.

“We have focused on everything from a blind, deaf puppy to a 10-year-old senior that was rejected and returned many times,” she said. “We are talking underdogs. So I have felt that this is the best gift in the world. I said, ‘We can’t stop now.’ Just because the holidays are over doesn’t mean we give up on them. They need their home.”

Zero (pictured at right), a handsome one-year-old boy was found as a stray this fall. He is a medium-sized dog weighing around 50 pounds. He is considered deaf, so the shelter’s trainers have begun teaching him hand signals. He is active and loves meeting people.

Zero is a “beautiful one-year-old dog. I never feature young dogs, but he has been highlighted multiple times because he’s hearing impaired. And that issue has held him back... He is so smart, adorable, and playful,” said Rappaport.

Dozer is a three-year-old mixed-breed dog who weighs about 70 pounds. He was initially adopted by an owner who loved him, but unfortunately, his owner fell upon hard times and had nowhere to live. Dozer has been at the shelter longer than expected despite having a “heart of gold.”



Photo by Jessica Mackin-Cipro

“I can’t explain or understand what the heck is going on with this beautiful dog, other than the fact he is a bully breed.

And there’s always some apprehension to adopt a bully breed. He’s perfect and sweet, and he’s been sitting here for two

years. So we’ve got to get him out,” said Rappaport. Contact the shelter to learn more.



## Kiss & Tell

By Heather Buchanan

### How Are You? No, Really.

A perpetually three-year-old, red puppet recently asked a question that garnered almost two hundred million views. When Sesame Street’s Elmo posted on X, “Elmo is just checking in! How is everybody doing?” it created a muppet maelstrom that one commenter called a “trauma dump” that caused Sesame Street to tweet out mental health resources.

For most of us, “How are you?” is just a polite greeting instead of a question. We don’t actually answer with, “I’m concerned because I haven’t seen the three-legged squirrel at my bird feeder, my bunion is acting up, and sexual healing has been discontinued, my favorite NARS lipstick color, that is.” Especially as a response to a text, it isn’t the best forum to lay out your

woes, but if your first instinct to answer is, “Not well,” that shouldn’t be buried under thumbs up for pickleball.

Unfortunately, we are living in an emotionally abbreviated world. Complex responses like, “I would like to come to your birthday celebration, but I feel fearful to leave the house and haven’t worn makeup or put on pants with a zipper in a month and worry it will be expensive to bring a gift and pay for the meal, but I will feel bad or judged by people better off than me if I don’t go,” are reduced to a unicorn in a party hat emoji.

The universal truth is that someone always has it better than you, and someone has it worse, so putting your own troubles in perspective is important. That said, no one else is in your painful-because-of-the-bunions shoes. Your life, feelings, pressures, anxieties, and concerns are unique to your existence. Clearly, life-threatening ill-

nesses and discontinued lipstick colors are miles apart in the sea of discontent, but most know the feeling of getting hit with wave after wave of negative news without a chance to catch your breath. If the world is ruled by any moral code, then bad things should only happen to bad people. Or if the world is truly just random chaos — wouldn’t positive news be 50 percent and negative news be 50 percent, like the chances of red or black at roulette?

So do we, as concerned humanity, have the courage to ask, “How are you?” And genuinely want a response? And do we all have the courage and vulnerability to answer honestly? It may depend on the relationship and level of trust. In many forums, we are expected to be at the top of our game, and weakness is not to be admitted. But it is liberating to share our truth with another compassionate human being or perhaps to two million strangers.

Too often, we are distracted by the Oscar of the crowd (grumpy puppet, not naked gold statue) who responds with anger or victimhood no matter how hard someone is trying to help. It’s challenging to be around that figure, even for muppets. We all know those people we avoid because we don’t need any more negative energy. But what about the quiet ones, the strong ones, the nice ones, the ones on their own who may seem to be okay, or not. The ones faced with adversity yet ask themselves, “So what can I do about it?” Maybe a walk on the beach, a yoga class, going gluten-free, lighting a white candle, doing a black magic spell on the IRS.

So, I actually welcome you — not that I have the power of Sesame Street, mental health resources, or black magic (well, maybe) to answer, “How is everybody doing?”

kissandtellbb@gmail.com.

## Breathwork & Yoga Retreat At Sound View

Join Lucy Nystrom and Mary Cognat for a transformational and healing weekend at Sound View Greenport.

This mini-retreat will happen the first weekend of March. Participants will arrive Friday, March 1, and depart Sunday, March 3. Lucy and Mary are certified health and wellness coaches offering yoga,

healing breathwork, and a variety of wellness classes that serve local and virtual communities.

“We’ll be moving energy in and out of the body while staying on the beach with stunning water views in a calm, relaxing, and supportive atmosphere,” said Nystrom and Cognat. The Sound View offers accommodations on the Long Island

Sound, which gives guests one of the most magical sunset views on the North Fork (weather permitting).

Delicious and nourishing meals will be created by the team at The Halyard, which offers local-fare-driven food at Sound View. Offerings include daily yoga, healing breathwork sessions and teachings, ecstatic dance and cacao, meditation, somatic movement, beach walks, and more.

This mini-retreat is designed to help you move and release energy to reconnect to yourself. The goal is to assist you with preparing for spring emergence with a new sense of clarity and self-love.

This retreat is open to curious minds of all practice levels, whether or not you have ever taken a yoga class or have experienced this type of healing breathwork before.

Registration for this retreat is now open. For more information, visit [newmoon-healthandwellness.com](http://newmoon-healthandwellness.com).



Photo by Read McKendree



# Cozy On The North Fork

## RGNY, Alpina, & LUMBER + salt

By Kelly Siry of @nofo\_endless\_summer



As the winter chill settles in, casting a quiet hush over the landscape, my quest for warmth and coziness on the North Fork has become a seasonal ritual. There's something enchanting about embracing the brisk air in oversized wool sweaters and well-worn leather boots, seeking refuge in places that radiate an inviting warmth.

In the heart of this picturesque region, where vineyards and antique shops intertwine, I've discovered my top three havens for experiencing winter bliss. First on the list is Alpina, a charming gem nestled in the heart of Greenport, serving hearty Swiss Italian-inspired cuisine.

For a whimsical experience, I found myself at RGNY in Riverhead, where winter magic takes the form of sleigh rides through the sprawling vineyards. The crisp air, the rhythmic sound of hooves on snow, and the breathtaking views create an enchanting atmosphere that transports you to a winter wonderland. It's a delightful way to embrace the season and make memories that linger long after the snow has melted.

And then there's the hidden gem within LUMBER + salt, an antique shop in Jamesport, where I stumbled upon the coziest coffee shop. Tucked away from the hustle and bustle, it's a sanctuary for coffee enthusiasts and those seeking solace in a warm cup. Surrounded by vintage treasures and the comforting aroma of freshly brewed coffee, it's a haven that invites you to linger and savor the simple joys of winter.

### RGNY Riverhead

Nestled amidst the picturesque landscapes of RGNY Vineyard, a unique and enchanting experience awaits. RGNY Vineyard is now offering horse-drawn carriage rides through their sprawling vineyards, allowing patrons to immerse themselves in the beauty of the terroir while indulging in a cozy and memorable adventure.

The two-hour experience begins with a warm welcome at RGNY Vineyard, where visitors are invited to learn about Long Island's distinctive terroir — the unique combination of soil, climate, and topography that imparts specific characteristics to the grapes. As guests sip on spiced Mexican hot chocolate from exclusive RGNY tumblers, they can appreciate the vineyard's commitment to a minimal-intervention approach, allowing the true essence of the grapes to shine through.

The day's highlight is the 30-minute guided horse-drawn carriage tour around the expansive property. Visitors are treated to breathtaking views of the vineyard's lush landscape as the gentle horses navigate

through the rows of grapevine. The rhythmic clip-clop of hooves on the earth sets a serene ambiance, making this experience a perfect blend of nature and tranquility.

Upon returning to the tasting room, guests can warm up with a flight of their choice from RGNY Vineyard's exquisite selection of wines. Whether you prefer a crisp white, a robust red, or something in between, there's a wine to suit every palate. Accompanying the flight is the indulgent cheese board, a carefully curated selection of cheeses that perfectly complements the vineyard's varietals.

Priced at \$100 per person, plus tax and gratuity calculated at checkout, this two-hour escapade offers more than just a carriage ride. For those who prefer non-alcoholic options, a package priced at \$75 ensures that everyone can partake in the experience, enjoying the warmth of hot cocoa and delectable bites.

One of the unique aspects of this experience is the ample photo opportunities. Capture the beauty of the vineyard, the elegance of the horses, and the joy of the moment as you create lasting memories surrounded by nature's bounty.

RGNY Vineyard's horse-drawn carriage rides perfectly blend adventure, relaxation, and indulgence. Whether you're a wine enthusiast or simply looking for a charming day out, this experience promises to be a highlight in the heart of Long Island's wine country. This experience is being offered on Saturdays through February. Book your journey through the vines at RGNY Vineyard and treat yourself to an unforgettable winter escape into the beauty of nature and the rich flavors of the region.

### LUMBER + salt, Jamesport

LUMBER + salt, the stunningly curated salvage shop in Jamesport, has unveiled a new addition to its space — a cozy coffee shop that seamlessly blends vintage charm with artisanal beverages. Step into a transformed section of the showroom and find yourself in a warm and inviting atmo-

sphere where the aroma of freshly brewed coffee mingles with the scent of reclaimed wood and aged artifacts.

At the heart of this unique experience, they proudly serve local coffee purveyor Jamesport Sourdough & Coffee Co., plus freshly baked goods like scones, muffins, and cookies from Main Road Biscuit Co. The menu boasts a carefully curated selection of coffee beverages, from rich espresso drinks to comforting pour-overs, all prepared with precision and passion.

For those who prefer tea, LUMBER + salt has collaborated with The Herb Loft to feature locally sourced organic teas. Immerse yourself in the diverse and nuanced flavors, embracing the comforting warmth of a carefully steeped cup.

As you enjoy your beverage, sit on vintage church pews lovingly repurposed for comfort. Surrounded by an eclectic mix of vintage re-wired lighting, reclaimed lumber, architectural salvage, art, and objects, each piece tells a story and adds to the unique character of the space. The ambiance is nostalgic and contemporary, inviting patrons to relax and appreciate the craftsmanship of the antiques and carefully crafted beverages.

Whether you're a seasoned antique enthusiast or simply seeking a cozy spot to savor a cup of exceptional coffee or tea, LUMBER + salt's new café offers a one-of-a-kind experience. It's a place where the past meets the present, and every detail is thoughtfully curated to create a warm and inviting haven for locals and visitors alike. The store is open Friday through Monday, from 9 AM to 4 PM, and the café serves Friday to Sunday, from 9 AM to 4 PM.

### Alpina, Greenport

In the heart of Greenport, a hidden gem awaits those seeking warmth and indulgence this winter season. Alpina is a charming restaurant that seamlessly blends Swiss and Italian flavors to create a culinary haven that promises hearty winter delights.

As you step into Alpina, you're greeted by a warm and cozy atmosphere reminiscent of an Alpine chalet. The flickering candlelight casts a gentle glow on wooden furnishings, creating an inviting ambiance perfect for a leisurely winter meal.

One of Alpina's standout offerings is the decadent raclette; a spectacle served tableside over a classic bed of steamed local fingerlings, cornichon, and pickled pearl onion. The rich, melted cheese cascades over the golden potatoes, creating a mouthwatering display that embodies winter comfort. It's a dish that not only warms the body but also the soul.

The Swiss onion soup at Alpina is a must-try for those seeking a comforting start. The robust flavors of caramelized onions and savory broth create a sensation that



RGNY Photo by Tiffany Collado

lingers, offering a perfect prelude to the culinary journey that awaits. This dish is also served with raclette, a cheese lover's dream.

Chef Humberto's winter chicory salad brings vibrancy, featuring crisp heritage varieties of this winter staple, house-made ricotta, and crispy prosciutto. This refreshing ensemble balances the richness of other dishes and adds a delightful play of textures to your dining experience.

Darling copper pots grace the tables at Alpina, cradling the accompaniment Spätzle, a Swiss-German egg pasta served topped with Zürli Gschnätzlets — veal loin strips cooked in a wild mushroom cream sauce. Served tableside, this dish celebrates comfort and tradition, enticing diners with its hearty simplicity.

Alpina boasts an extensive list of regional European wines, beers, and ciders to complement the culinary offerings. The knowledgeable staff is ready to guide you through the selection, ensuring a perfect pairing for your meal.

Alpina's highly knowledgeable mixologist, Jhon elevates the dining experience with his suggestions of Amaros and digestifs

plus quintessential alluring spirit eau de vie schnapps or un-aged fruit brandies. The mixed cocktails are nothing short of decadent and innovative, adding a modern twist to the restaurant's classic Alpine charm.

My experience was nothing short of what you would expect après ski in the Alps. Alpina is a haven for those seeking a winter retreat on the North Fork. With its warm ambiance, hearty Swiss Italian dishes, and a carefully curated selection of spirits, Alpina promises a culinary journey that transcends the ordinary, leaving you with memories of indulgence and satisfaction.

So, as the winter months unfold, I invite you to join me on this journey to discover the coziest corners of the North Fork. From the culinary delights of Alpina to the enchanting sleigh rides at RGNY and the hidden coffee haven in LUMBER + salt, these destinations promise to be the perfect antidote to the winter blahs. Grab your oversized sweater and leather boots, and let's embark on a winter adventure that's equal parts warmth, charm, and delicious.

Follow more of my North Fork adventures @NOFO\_Endless\_Summer.



Alpina



LUMBER + salt





Photo courtesy  
Disset Chocolate

# Wine & Candy

## Enjoy Cupid's Perfect Pairing

By Kelly Laffey

February is prime time on the East End to infuse your evenings with a little bit of joy. The days are a little too gray. The wind is a little too fierce. Valentine's Day — or its increasingly popular antidote, Galentine's Day — is the perfect excuse to indulge in a bit of whimsy with a wine and candy pairing this month.

Unconventional? Yes! Delicious? Also, yes!

The key with a wine and candy pairing is to consider your particular tastes, and also to be open to how the different flavors can interact.

"You can either go the contrasting way by pairing sweet with sour, or you could go the matching way by pairing sweet with sweet or sour with sour," said Roman Roth, winemaker at Wölffer Estate Vineyards, of enjoying wine and candy together. "Either way, the pairings will make the

experience bigger and bolder."

Whether you think that Valentine's Day is for lovers or subscribe to the notion that it's just another Hallmark holiday, you can't go wrong with the below pairings:

### Wine and Chocolate

There's no more decadent or classic combination than wine and chocolate on Valentine's Day.

"Chocolate is actually very similar to wine and can be approached as such," said Ursula XVII, the owner and chocolatier of Disset Chocolate in Cutchogue, who also teaches pairing classes. "Chocolate is affected by its terroir, its fermentation process, and the makers [style] — just like in wine."

How the chocolate and wines interact is largely dependent on the type of each you're enjoying, shared Ursula. She notes that drier wines generally pair well with creamier chocolate like milk and

white, and bolder wines will bring out the flavor of darker chocolate, which is bitter.

Another approach is to match a chocolate's tasting notes with a wine's tasting notes, shared Chef Steve Amaral of North Fork Chocolate Company. For example, a red that has hints of cherry would pair well with cherry chocolate.

Knowing what chocolate and wine you'll like together starts with experimentation. Just as no two wine palates are the same, everyone's taste in chocolate can differ. "Have fun and be open-minded," said Ursula when enjoying different chocolate and wine combos. "Try a dark chocolate with a white wine or a white chocolate with a red wine. It can be really fun to see how chocolate can bring things out in a wine or cover them up."

In the spirit of having fun with the pairings, check out a few other suggestions for mixing Valentine's Day candy with wine:

### Conversation Hearts

Packed full of sweetness, conversation hearts melt in your mouth and give you a sugar rush before you can say "HOT STUFF" or "BE MINE." Capitalize on the candy's flavor by choosing an equally sweet pairing — try the North Fork's One Woman Gewürztraminer Dessert Wine.

### Gummy Hearts

Gummy candies dusted with sugar make for a light, and sometimes tart or sour, Valentine's Day treat. Embrace the airy essence of

gummy hearts with a sparkling wine. In the spirit of the season, choose a pink-hued sparkling rosé. Try the Topaz Impérial Brut Rosé from Sparkling Pointe in Southold.

### Red Hots

Red Hots perfectly capture the fire associated with Valentine's Day. Balance out the cinnamon flavor with a dry wine that can complement the candy's spicy notes. Try the Chardonnay Estate from Macari Vineyards. Or, go all in on the red theme and choose a lighter-bodied, fruit-forward red that won't clash with the candy, like Ev&Em's Classic Pinot Noir.

### Junior Mints

Junior Mints may not be a classic Valentine's Day candy, but the company comes through with a heart-shaped version for the holiday. The strong minty flavor would pair well with a bold red like a Cabernet. Try the Cabernet Reserve from Pindar Vineyards in Peconic.

### Hershey's Kisses

It wouldn't be a proper Valentine's Day without a kiss. Whether you're single or taken, a milk chocolate kiss pairs perfectly with a dry wine like RGN's Sauvignon Blanc.

Lastly, if you want a beverage that works well with them all, don't sleep on cider. According to Roth, the beautiful aroma of Wölffer's #139 Botanical Cider would stand up to all of the candies, and the "fruity mouth-feel will be a refreshing match" to the sweetness.

# Galentine's Day

## Sip & Shop At Le Closet



Photos by Apollo Fields

Le Closet in Southampton is partnering with James Lane Post to host a Galentine's Day Sip & Shop on Sunday, February 18, from 2 to 5 PM. Guests can shop luxury brands while they enjoy wine and desserts, create friendship bracelets, and more. Le Closet will also offer all guests 20 percent off sneakers.

"We can't wait for the second annual Galentine's Day with James Lane Post! We love working with Jessica and her team and love seeing the community come together to celebrate love. Because there's nothing better than grabbing lunch with your best girlfriends then sipping and shopping!" said Arielle Haller-Silverstone, co-owner of Le Closet.

"We are excited to celebrate at Le Closet in Southampton. It's a wonderful opportunity to shop local and celebrate love. Happy Galentine's and Valentine's Day!" said Jessica Mackin-Cipro, editor of James Lane Post.

Shoppers may browse the luxury designers Le Closet sells, such as Chanel, Hermes, Gucci, Prada, Zimmermann, Isabel Marant, Veronica Beard, ALC, and more, including vintage clothes and accessories. Le Closet also specializes in hard-to-find sneakers for men, women, and kids and features an exclusive "Sneaker Room" carrying Jordan 1s, 3s, 4s, and Nike Mids and Dunks.

Le Closet is located at 9 Windmill Lane in Southampton Village.

# James Lane

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## Editor's Note

Welcome to the pages of our winter issue. This February, we celebrate the month of love. From Valentine's Day to Galentine's Day, there are plenty of reasons to celebrate. We love love, and we love spreading love.

In this issue, we also celebrate our love for travel, art, and culture. We hope you enjoy the features that line these pages. So, grab a cup of tea, coffee, or wine, and pair it with some Valentine's candy to make the reading experience even better.

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





# The Cacao Ceremony

## Going Old School For Valentine's Day

By Bridget LeRoy



“Chocolate is a divine, celestial drink, the sweat of the stars, the vital seed, divine nectar, the drink of the gods, panacea, and universal medicine.” — Geronimo Piperni, quoted by Antonio Lavedán, Spanish army surgeon, 1796

When one thinks of hearts and chocolates, the mind automatically gravitates to Valentine's Day. But if you want to step back in time and connect to something with a different flavor, consider a

cacao ceremony.

It's no secret that chocolate has always been connected to magical, spiritual qualities — just ask Willy Wonka. Or Jack Howard.

“Cacao is the fermented and roasted seed of *Theobroma Cacao*, a tree indigenous to Mesoamerica,” said Howard, a shamanic practitioner based in Virginia. The cacao tree is native to the Amazon rainforest but has been domesticated and farmed agriculturally for over 5000

years. “It is psychoactive. It is heart opening. It is plant medicine.” Cacao, from which chocolate is made, is a derivative of the original cacao beans.

Howard travels around the States offering cacao ceremonies. He described his first encounter on a yoga/surf retreat in Costa Rica. “Unsure what it was, I filed it away. . . a few weeks later, I saw a flyer in my local town for Ecstatic Dance and Cacao Ceremony, so of course I attended. My curiosity for cacao overshadowed my unfamiliarity with ‘Ecstatic Dance,’ which stirred terrible memories from Junior High School dances. But I was determined to experience a cacao ceremony.”

The cacao, he continued, “put me in a state of calm, peaceful euphoria. Then music filled the air, and everyone began to move and dance, but in a way very unlike my school memories. Cacao had flooded my brain with all the natural feel-good chemicals and I found myself in the present moment and dissolved of the fear I would have normally felt in that situation. Through this experience, that trauma I carried with me since early teenage-hood was healed, and I attributed that to my first cacao ceremony.”

“It's really a massive superfood,” said Patricia Grimaldi of Shankara Experience in Costa Rica, explaining that a raw cacao bean contains magnesium, potassium, manganese, zinc, selenium, iron, phosphorus — and is a powerful antioxidant.

“There's also the theobromine” — which gives the cacao its bitter taste, but also provides the increased blood flow, mood lift, and possibly aphrodisiac qualities often ascribed to cacao — “and anandamide, also called the bliss



Petra Era Zlota, who studied cacao leadership in Costa Rica, leads a ceremony for Mateo and Rhonda.

molecule,” a neurotransmitter that can offer those who ingest cacao with a sense of general well-being.

Grimaldi led a cacao ceremony in a yoga shala surrounded by the majestic trees and exotic sounds of the Costa Rican jungle. She called the directions, played the harmonium, chanted kirtan, and spoke about the area's indigenous people who grew the cacao we were drinking. We drew oracle cards from a deck and shared our intentions, always keeping the spirit of “Mama Cacao” in our minds.

Petra Era Zlota (@petra\_iluminera), who studied cacao leadership at Finca DiVina Vida, a woman-owned cacao farm in the mountains of Costa Rica, served up her version of the bitter hot brew with cinnamon and cayenne, and then asked us to lay down and close our eyes. At the same time, she played a variety of gongs, bells, and rattles, immersing us in

a sound bath experience. Breathwork also played a part, as well as calling in the elements and our ancestors, and a chance to share our experience afterward with our friends who attended the ceremony with us.

“I'm drawn to this medicine,” she said. “It is gentle and beautiful, and connects us with the Earth and each other.”

According to Howard, a successful ceremony incorporates a peaceful setting, a facilitator who respects the wisdom keepers and lineage of the cacao plant medicine, Mother Earth, the elements and the planets, a meditation, and a chance to share after the ceremony.

Cacao ceremonies are growing in popularity — several places in New York City offer them up regularly, and even more online (you order your ceremonial cacao in advance, and it arrives with

preparation instructions).

When the cacao is prepared correctly, and the heart is opened, Howard says participants can expect “a peaceful, easy feeling, to quote a classic song; an intense connection to the inner self and to others; and a calm focus. Creatives are using cacao to prepare for more productive sessions,” he said.

Good chocolate by a gourmet chocolatier can be an ethereal experience. But a cacao ceremony can bring additional sweetness to those seeking a deeper connection to themselves and, maybe, the universe.

For more information, contact Jack Howard through his website, [enjoybeing.me](http://enjoybeing.me). For more information about Costa Rica retreats incorporating cacao, visit [divinavida.co](http://divinavida.co) and [shankara-yoga.com](http://shankara-yoga.com).

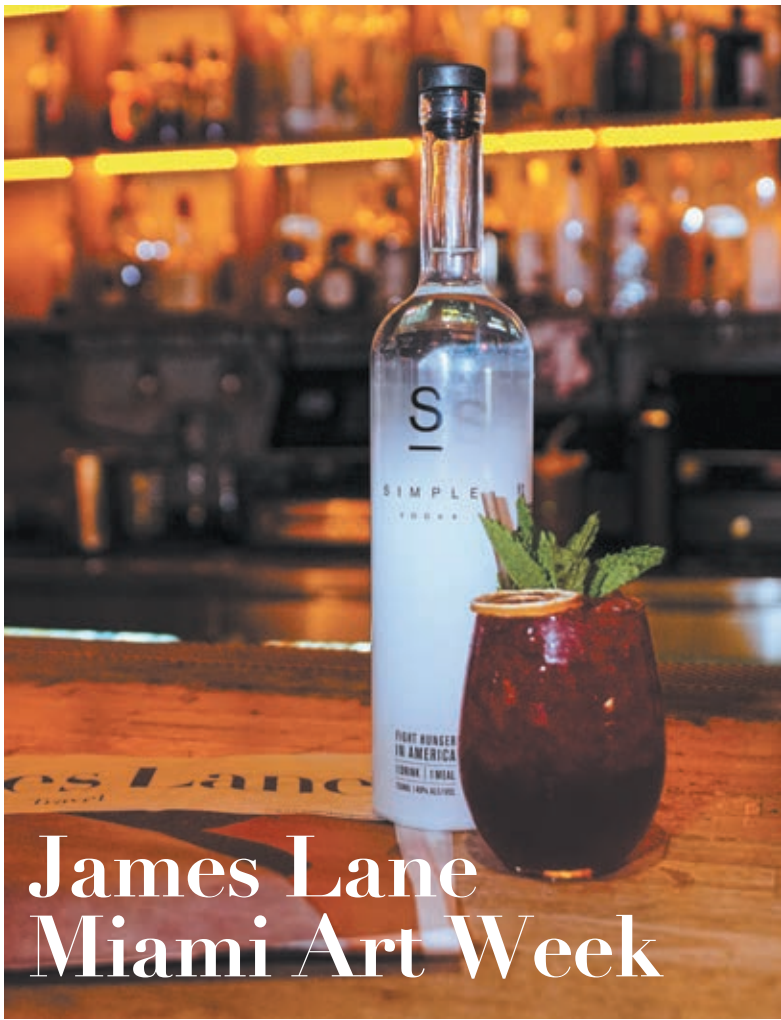
# Galentine's Day

sip & shop hosted by  
Le Closet and James Lane Post

shop luxury brands • enjoy wine  
and desserts • create friendship bracelets •  
20 percent off sneakers

Sunday, February 18, 2 to 5 PM  
Le Closet • 9 Windmill Lane, Southampton





## James Lane Miami Art Week



Photos by  
Santi Pineda /  
Top Marketing & Media



James Lane Post held a Miami Art Week celebration at 1-800-Lucky in Wynwood on Tuesday, December 5. Guests enjoyed cocktails by Simple Vodka and the event highlighted the James Lane Post travel section, which featured “The Itinerary: A Weekend In Wynwood, Miami” on the cover. Friends from the East End, Miami, and

beyond joined for the gathering, which marked the first that James Lane Post has hosted to celebrate its travel section. Guests also enjoyed bites from 1-800-Lucky, a sprawling Asian food hall in the heart of Wynwood. Vendors offer a variety of Asian cuisines — you’ll find rolls, ice cream, poke dishes, ramen, sandos, and more.



Photos by  
Lisa Tamburini



## James Lane Holiday Party At Southampton Inn

James Lane Post hosted its annual Holiday Party at the Southampton Inn on Thursday, December 14. The event was held at Claude’s Restaurant at the Inn and featured a variety of food, wine, and beer from the restaurant and

event space. A signature cocktail, Claude’s Winter Sangria, was also served. As guests arrived, hotel owner Dede Gotthelf played holiday tunes on the piano. The hotel, which celebrated its

25th anniversary this year, conveniently sits in the heart of Southampton Village. The property showcases 90 guest suites. The beautiful grounds consist of several acres of mani-

cured lawns and gardens. Amenities on the property include a 50-foot heated outdoor pool, all-weather tennis court, croquet space, volleyball nets, bike rentals in season, and a game room for all ages.



# A Perfect Winter 'Day Date'

By Lisa Frohlich of Hamptons NY Style



Lisa Frohlich at Buckskill Winter Club



Baker House Afternoon Tea. Photo courtesy of The Baker House 1650



Sag Harbor Cinema at night. Photo courtesy Krystal Rose Photography

Living on the East End full-time brings a different perspective on the seasons, challenging the commonly held notion that the winter is the "off-season." The absence of traffic, the ease of entering restaurants without reservations, and an overall relaxed atmosphere tend to make it a preferred time for those who call the Hamptons home. My family decided to leave New York City seven years ago, and I remember a friend asking me, "What are you going to do out there? Won't you be bored?" Well, as a working mom of two teenagers, life is far from dull. Most days are filled with the hustle and bustle of shuttling between sports games and theater rehearsals. But thanks to all of these activities, my experience on the East End has been enriched not only by the peaceful season but by the wonderful people I've met in the community. The sense of camaraderie has contributed to a fulfilling lifestyle in the Hamptons.

Since the East End offers a variety of winter activities, I am working on planning a "day date" for my husband and I. After all, February is the month of love and time to escape your children for a few hours. A day date can include anything from brunch and outdoor adventures to cultural explorations and wine tasting. Whatever we

choose, the Hamptons charm and beautiful scenery will make our hometown a wonderful place to celebrate. Here are a few of my top picks for creating a great winter day in the Hamptons.

### Outdoor Activities

A winter beach walk is a relaxing way to enjoy nature, get some fresh air, and take in the beauty of the coastline without the crowds often present during the warmer months. I recommend a Seal Watching Hike at Montauk State Park, with weekend options through April 2024. Or ice skating at Buckskill Winter Club in East Hampton or Southampton Ice Rink. You can head to Greenport for an oyster tour at Widow's Hole Oyster Farm.

### Daytime Movie

Catch a movie in the new, state-of-the-art Sag Harbor Cinema, located in the village of Sag Harbor. Silence your phone and detach from the real world for a couple of hours. You can also pop into The Green Room upstairs for a cocktail or beer before or after your film.

### Cozy Brunch

A cozy brunch is a delightful way to enjoy the winter season and indulge in comforting, hearty dishes.

My favorite spots during the winter are Tutto Il Giorno in Sag Harbor and Southampton, Sant Ambroeus in East Hampton and Southampton, Estia's Little Kitchen in Sag Harbor, LuLu Kitchen in Sag Harbor, Flora in Westhampton, and Alimentari in Montauk.

### Yoga Class

A yoga date can be a fun and healthy way to bond. After your class, you can extend the date by enjoying a snack, tea, or a meal together. Many yoga studios are open year-round in the Hamptons, including Yoga Shanti, Mandala Yoga Center for Healing Arts, Hamptons Hot Yoga, Align, One Ocean, and Fierce Grace.

### Afternoon Tea

The Baker House 1650 offers an afternoon of elegance with a fine assortment of teas by Plain T, a glass of champagne, light bites, and sweet treats. The cozy living room is the perfect place to unwind. The 2024 dates available for afternoon tea are February 25, March 10, March 24, April 7, and April 21. Reservations are required.

### Cultural Experience

Exploring an art gallery or museum can be an enriching experience on a chilly day. I recommend the Parrish Art Museum, Guild



The Tasting Room at Wölffer Estate. Photo by Wölffer Estate Vineyard.

Hall, LongHouse Reserve, and The Leiber Collection.

### Wine Tasting

The Tasting Room at Wölffer Estate is one of my favorite stops for a date or a visit with friends. Their decision to remain open year-round offers something special during each season. Whether it's the vibrant colors of autumn, the tranquility of winter, the blossoming of spring, or the warmth of summer, guests can experience the beauty of the vineyards in different ways throughout the year. Reservations are preferred.



Photo courtesy Yoga Shanti



## The Season Of Love

Shoshanna, Bouquet Lace Midnight Angelina Dress. \$469



Altia, Amank'ay Eau de Parfum. \$230 at Beautyhabit.com



Wölffer Estate, Rose's Of The World. \$138



Zimmermann, Celeste Heart. \$325



Nick Mele x The Colony, 'Naptime' Print. Starting at \$500

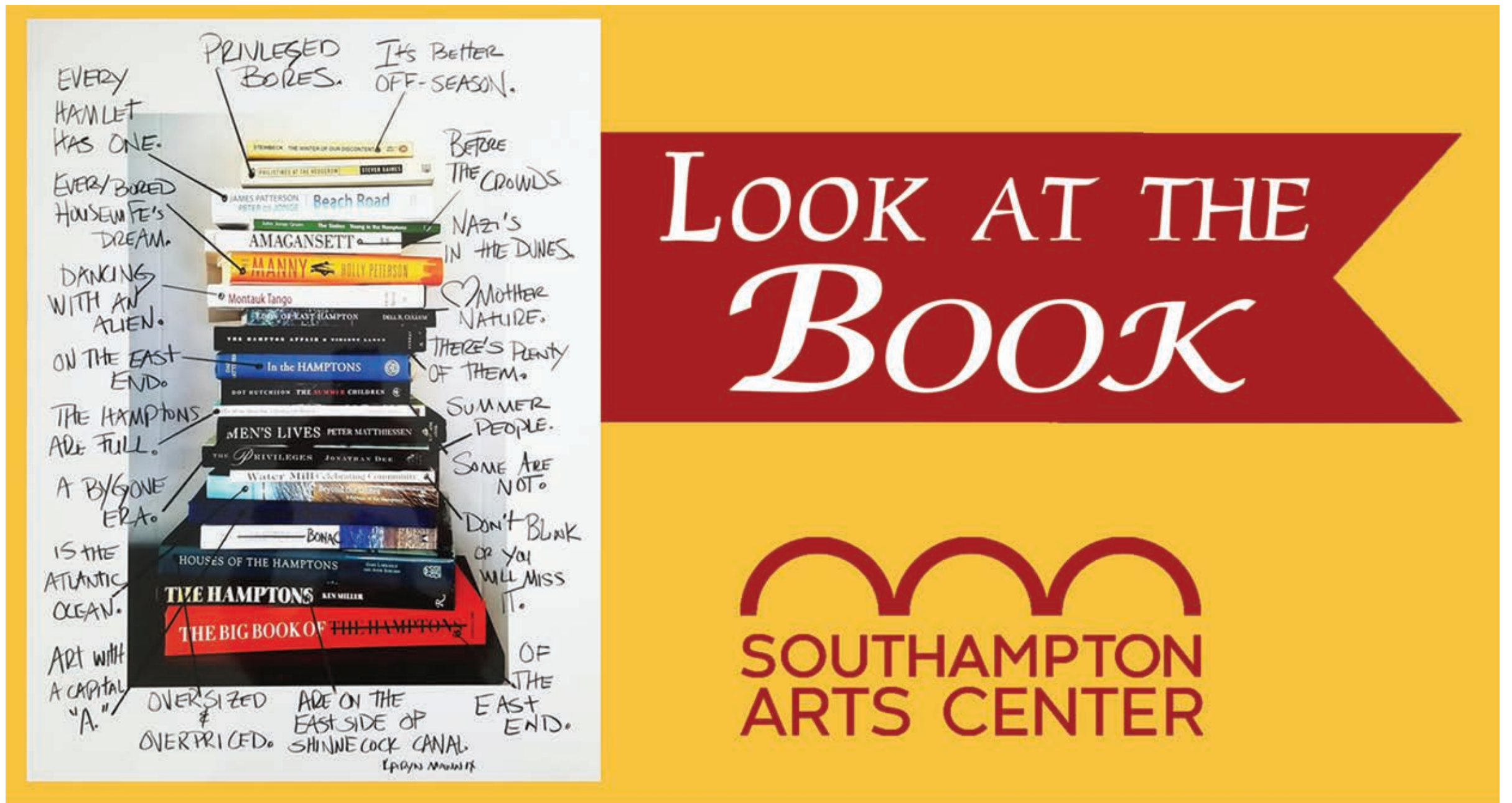


AERIN, Valentina Velvet Heart Frame. \$395

A gift from Hamptons 'Pop Heartist' Jennifer Contini. lovesartgallery.com







**CURATED BY CHRISTINA MOSSAIDES STRASSFIELD, EXECUTIVE DIRECTOR**

**ON VIEW February 24 - May 4**

**EXHIBITION OPENING RECEPTION**

**SATURDAY, FEBRUARY 24 - 5-7 PM**

### ARTISTS ON VIEW

Anita Balkun • Mary Ellen Bartley • Stephanie Brody-Lederman  
 John Buchbinder • Neke Carson • Carolyn Conrad • AG Duggan  
 Patricia Fiewel • Dorothy Frankel • Chip Haggerty • Barry Holden  
 Carol Hunt • Elaine de Kooning • Donald Lipski • Christa Maiwald  
 Karyn Mannix • Richard Minsky • Jennie Nichols • Alfonso Ossorio  
 Erin Parsch • Goran Petmil • Joe Pintauro • Gabriele Raacke  
 Randall Rosenthal • Barbara Slate • Hadley Vogel • Paul Vogel  
 Dan Welden • Halsted S. Welles • Ellen Wiener • Julie Wolfe  
 Nina Yankowitz • 00100011 [#HASHTAG]

### EXHIBITION EVENTS + PUBLIC PROGRAMMING

**TALK:** Christina Strassfield • Gallery Tour • Saturday, March 2 @ 2 PM

**LIVE:** Barbara Slate • Interactive Reading • Saturday, March 16 @ 2 PM

**TALK:** Meet the Artists • Gallery Tour • Saturday, March 23 @ 1 PM

**STUDIO:** Karyn Mannix • Look at the Book Art Workshop  
 Saturday, March 30 @ 12:30 PM + 3 PM

**STUDIO:** Barbara Thomas • Look at the Book Art Workshop  
 Saturday, April 6 @ 12:30 PM

**TALK:** Panel Discussion • Libraries Today and Tomorrow • Elizabeth Burns,  
 Director at Rogers Memorial Library • Other Librarians  
 Saturday, April 20 @ 2 PM

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Karyn Mannix, East End Bonac (The Hamptons), Photograph & Grease Pencil