James Lane

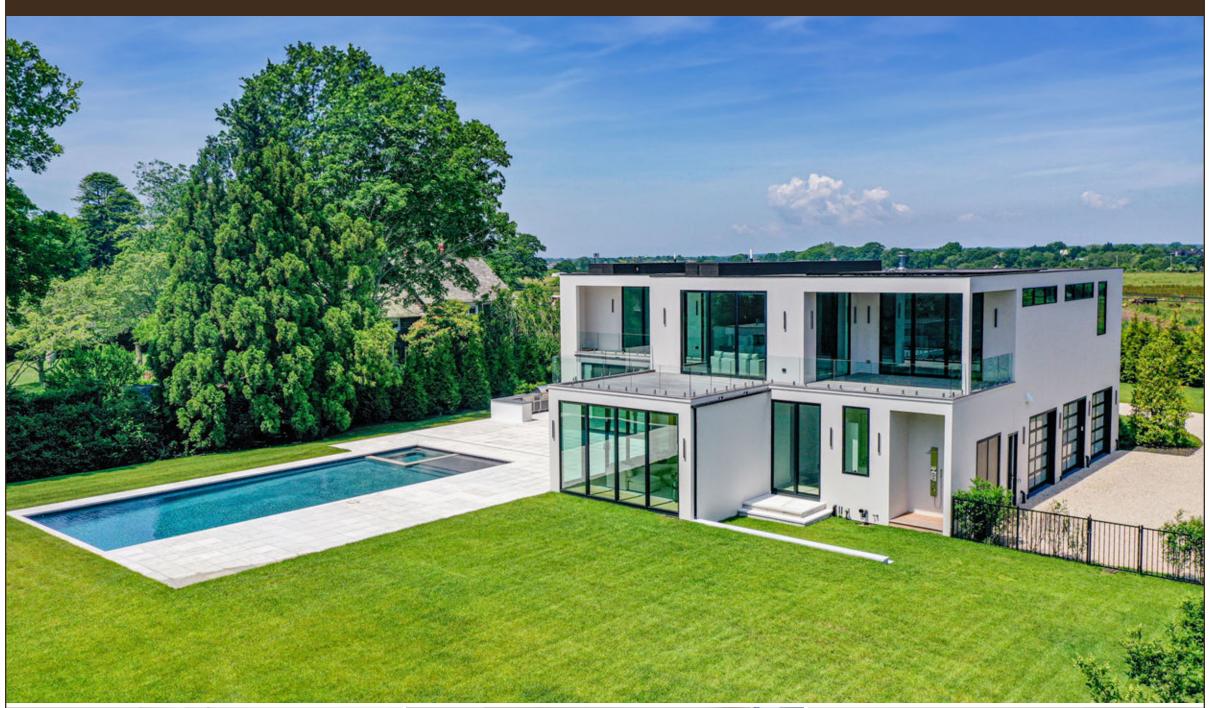
- POST -

September 2024 www.jameslanepost.com



SAUNDERS

A HIGHER FORM OF REALTY







33JobsLane.com

CONTEMPORARY NEW CONSTRUCTION 7 Bedrooms | 10 Baths, 2 Half | 8,543⁺/- sq. ft. | .92 Acre

Bridgehampton South, The Hamptons - New York | Exclusive \$11.995M

Vincent Horcasitas

Licensed Associate Real Estate Broker

Cell: **(516) 768-7330 | VH@Saunders.com**

Saunders.com | HamptonsRealEstate.com | **f** \times 🖸 **v** 🛗

33 SUNSET AVENUE WESTHAMPTON BEACH (631) 288-4800 14 MAIN STREET
SOUTHAMPTON VILLAGE
(631) 283-5050

2287 MONTAUK HIGHWA BRIDGEHAMPTON (631) 537-5454 26 MONTAUK HIGHWAY EAST HAMPTON (631) 324-7575

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

Katie Lee Biegel Uncorks A New Era

Kind Of Wild Wines Blends Gourmet Passion With Sustainable Living

By Ty Wenzel



Katie, what inspired you to create Kind of Wild, and how does it reflect your personal values?

My love of food and the overall dining experience led me to my love of wine many years ago. As I got older, and especially after having a baby, I found that I couldn't really drink without side effects the next day. Sometimes, even just one glass of wine would give me a headache the next day and a general feeling of tiredness. I started learning about organic wine, and I found that with the absence of harmful additives and chemicals, I could enjoy wine again. I met my partners in Kind of Wild, Jordan Sager and Adam Sager, and we were all aligned to create delicious, organic, zero-sugar, vegan wines with an environmentally-conscious mission.

How do organic, vegan wines differ from conventional ones in taste and health benefits?

For the last 20-plus years, I have made it a point to shop for and cook with the best organic produce that I can find. When I started researching organic wine, it was like a lightbulb went off for me. Why would I drink conventional grapes if I am not eating conventional grapes? Wine is made from produce, and not only does it taste better, but it is also better for you. We know exactly what is and what is not used during the grape growing and winemaking process when it comes to organic and vegan wines. Chemical residues from pesticides, fungicides, and synthetic fertilizers are on the grapes. Those, in turn, end up in the wine, which could have a lasting effect on our health, and they also affect the development of the grape's flavor. A recent UCLA study found that organiccertified wine does taste better.

Your wines are sourced globally. Can you share a

favorite region or flavor profile?

Each wine is sourced from a location that we believe exhibits the best qualities. Really and truly, I can't choose a favorite because I love all of our wines for different reasons and occasions. During the summer, I find myself reaching for our whites and rosés more. The sauvignon blanc is from South Africa. I fell in love with the wine region there on a trip with my mom, so it always brings back special memories when I open a bottle. I also tend to make recipes that pair really nicely with our Montepulciano D'Abruzzo, which is a really lovely red. One of our favorite restaurants, Pellegrino's in Southampton, is now serving the Montepulciano. They make the best wood-fired pizzas and pasta, and it's the perfect pairing!

How does Kind of Wild balance being low-calorie and zero-sugar with maintaining quality?

We seek to produce wines that can achieve excellent balance and flavor while also being moderately lower in alcohol and technically zero-sugar. When no sugar is added post-fermentation and allnatural sugars are fermented into alcohol (<0.5 grams per serving), the wine is then considered zero-sugar. Not all regions and producers can achieve the balance and quality, but we are able to work with top growers in amazing regions from all over the world that can. We also prefer a drier style of wine compared to more commercialized, sweeter wines. The key is making sure a balance is achieved with alcohol, fruit flavor, tannins, and acidity.

What role does environmental responsibility play in your business model?

We are a mission-focused brand looking to lead the way in climate action. Healthy soils, void of chemical residues and abundant with moisture are a climate solution because they are a breeding ground for microorganisms. Those microorganisms feed on carbon and regenerate it in the soil. Soil improvement provides an action plan for us and the wines we produce to have a positive impact on the planet. We are also 1% for the Planet members, donating one percent of our annual revenue to environmental organizations directly involved in climate action. As far as our business model and plan to scale — 15 percent of the fresh produce market is certified organic, but organic vineyards only represent five percent of total global vineyard coverage. Why is that? The simple answer is the demand for organic wines is less than the demand for organic produce. However, we see this as an opportunity to not only show people why they should also be consuming organic beverages but also help create more demand and more vineyards to convert to organic practices. And it is working, as the data shows that organic wine sales have been outpacing the total wine market for multiple years running.

For those new to organic wines, what's your top recommendation from your selection?

We offer a mix-and-match option on our website, and also an Exploration six-pack, so customers can try a variety. We also offer 20 percent off first-time orders and free shipping on six bottles or more. Several local stores here in the Hamptons, like Bottle Hampton, Herbert & Rist, Bridgehampton Wine Cellar, and Sag Harbor Liquors, are carrying our wines, so pick up a bottle and check it out. I really enjoy going to the stores and pouring a taste for customers. People always gravitate towards our rosé, and the Gruner Veltliner is really popular. Gruner is a really versatile wine, and so great with vegetables, so I find it to be especially nice with all of the produce in the Hamptons.

How has your culinary background influenced your approach to winemaking?

The food bone and the wine bone are definitely connected! For me, it's about the ritual of wine and the overall dining experience. Just like my food, I want the wine to taste great, to feel good about drinking it by knowing that it was produced with the highest-quality ingredients, and to feel good the next day.

Can you explain how Kind of Wild addresses the issue of wine-induced headaches?

We have a great blog post on this topic. We do not claim that our wines are headache or hangover-free, but they are certainly less likely to cause one compared to conventional wines that typically have much higher sugar, alcohol, and countless additives that the producer is not required to disclose. Wine and liquor are some of the only consumables that are not required to have an ingredient or nutrition label. All of our wines list every ingredient on the back label, as well as the nutrition facts, and that mainly consists of organic grapes, yeast, and very low levels of SO2 (which is also a natural by-product of fermentation).

What's been the most surprising aspect of your journey into the wine industry?

I am not sure that I have had any big surprises, but it is a new experience for me to learn more about the business side. For most of my career, I have been a creative, so this is a new hat for me. I like the challenge.

How do you see Kind of Wild evolving in the next few years?

Kind of Wild launched as a direct-to-consumer brand licensed to sell in about 25 states. We are now shipping to over 40 states, which is really exciting! Additionally, brick-and-mortar retail was launched in the past year, and we are eager to expand our footprint in this space. We are now available at Sprouts Farmers Markets, Total Wines & More, Albertsons, some Kroger banners, and many independent retailers. It is really exciting to see our brand grow and to be able to offer Kind of Wild to so many consumers to easily grab a bottle off the shelf at their local grocer or wine shop.

In terms of your cooking show accomplishments with the Food Network, what's your secret to creating recipes that appeal to both novice and experienced cooks?

I cook the way that I want to eat. Our family likes simple foods with great ingredients that don't take all day to make. I think most people like to cook and eat that way as well. I like people to feel empowered by my recipes — that they're easy to make and not intimidating.

How has your cooking philosophy changed since your show?

My philosophy has always been the same — I believe in delicious, easy-to-make comfort foods that tend to skew on the healthier side (though I love fried chicken, and I'm not afraid of butter!). "The Kitchen" has now been on Food Network for over 10 years, and during that time, I have been so fortunate to connect with so many of our viewers, whether it's over social media or meeting them in person (I love when people say hi!), and I like to hear what they want to see more of from me. I get a lot of requests for sheet pan suppers, big salads, and pasta.

What's your go-to dish for pairing with Kind of Wild

So many! Some of my go-to's this summer have been grilled steak with jalapeno butter and our Cabernet Sauvignon, fried fish tacos with our Chardonnay, and we love to order the "lobster boil in a can" from Clamman and serve it with our rosé.

Are there any culinary trends you're excited about?

I am so into the tinned fish trend. My

husband is obsessed with different kinds of tinned fish, and I love that so many people are getting into them now. Bring on the anchovies! Our friend sent us a box from a company called Lato this summer as a thank-you gift, and all of them were amazing, especially the sea bass.

Photo courtesy Kind of Wild Wines

Can you give us a sneak peek into any new culinary projects you're working on?

It hasn't been announced yet, so I can't say much, but I have a new film in the works. My novel, "Groundswell," was made into a movie by Hallmark a couple of years ago, and now I have written an original film that has a food angle.

You're a mother now how do you balance motherhood and your incredibly active chef and business life?

My priority will always be my daughter, so everything else has to fit around her. I am disciplined with my time and try to get my work done when she is at school or camp. Some days, I feel like I've got it all together, and some days I definitely do not.

Tell us about your new podcast, "All On The Table!"

I have wanted to host a podcast forever. I like the longer format and the opportunity to get to know someone, and of course, I wanted my podcast to be food-centric. On "All On The Table," I am getting to know people through food, the great connector. My first episode was with my dear friend Bobby Flay, and I've been able to interview a few other Hamptonites as well, like Darren Star, Nate Berkus, and Samantha Sherman (founder of Hampton Grocer Granola). My dream interview is with Ina Garten. Ina, if you're reading this, please come on my podcast!

You had a very well-attended collaboration with Unsubscribed in East Hampton. Why did you choose Unsubscribed to be the venue for your wine tasting?

I am a big fan of Unsubscribed clothing, and our brands align well. Unsubscribed is consciously made, slow-fashion, and goes with our ethos of creating environmentally conscious wines.

Do you wear Unsubscribed as well?

Yes, I have several pieces of Unsubscribed clothing in my closet. I love how relaxed and effortless, yet simultaneously chic, the clothes are — perfect for when I want to look put together but be comfortable (which is pretty much every day).

Zara Terez Tisch

Focused On The Good In The World

By Jessica Mackin-Cipro

ara Terez Tisch is a mother of three and the founder of the women's wear brand TEREZ. She started the fashion line in New York in 2008 after realizing a gap in the activewear market. Her goal was to design top-quality leggings with vibrant, fun patterns that let people express themselves uniquely through bold colors, playful symbols, and exceptional comfort. We interviewed Tisch to find out more.

Can you tell us a little about your background and what inspired you to start TEREZ?

I started TEREZ in 2008 from the basement of my parents' home. After going through a dark time in my life, I wanted to create something that brought happiness to myself and others. My goal was to build a brand that focused on the good in this world. Initially, I created handbags and then transitioned to clothing that represented this positivity. I taught myself Photoshop and began designing photoreal graphic clothes and accessories for women and kids. Since then, TEREZ has evolved into a brand offering ready-to-wear, athleisure, swimwear, sleepwear, and

Can you tell us about the name TEREZ, also your middle name, and why it's close to your heart?

The name Terez is very close to my heart as my mother came up with it, and it's a combination of her two grandmothers' names.

We love the brand's bright, bold colors and your mission to spread joy and positivity. Can you tell us more about the brand's mission?

The brand's core mission is to spread positivity, encouraging everyone to embrace life to the fullest and celebrate every moment — big or small. This ethos is vividly reflected in all of our lively designs. You will see it in what I wear daily, on my Instagram, in our flagship store, and throughout all of our designs. We are authentically ourselves. Our small and mighty team collaborates to create what we love, supporting and uplifting each other to succeed, both as women and as individuals.

What's your go-to fitness class on the East End?

I swear by Isaac Boots's Torch'd as well as Formula x Meredith.

You also have items for girls. As a mom of three, how have your children inspired your brand?

My two girls (and my son!) have played a huge role in inspiring both me and the brand. When we say, "Welcome to the Terez family!" — we truly mean it. We have a blast creating mommy-and-me matching moments with tops, leggings, sweatshirts, and more. By prioritizing my children's preferences, I design pieces that excite and emphasize creativity and self-expression.

Where can we find TEREZ on the East End this summer?

TEREZ is available through many of our Hamptons events and activations (we had a wellness event with Isaac Boots and Torch'd on July 3 in Water Mill). You can shop online at TEREZ.com, or if you're in the city, visit our Upper East Side location at 1040 Lexington Avenue!

Which TEREZ pieces are you wearing the most this summer?

I love our TEREZ Twill Pant — it's so easy and light (cotton!) for summer or even as a transitional item for cooler weather. Plus, our TEREZ Court Collection has great dresses and sets for tennis and pickleball that I am living in, which can also be worn from day to night. We also have fun PJs — perfect for a girl's night in when it's too hot to go out, and a ton of great swimwear!

Can you tell us about the TEREZ x MLB collaboration?

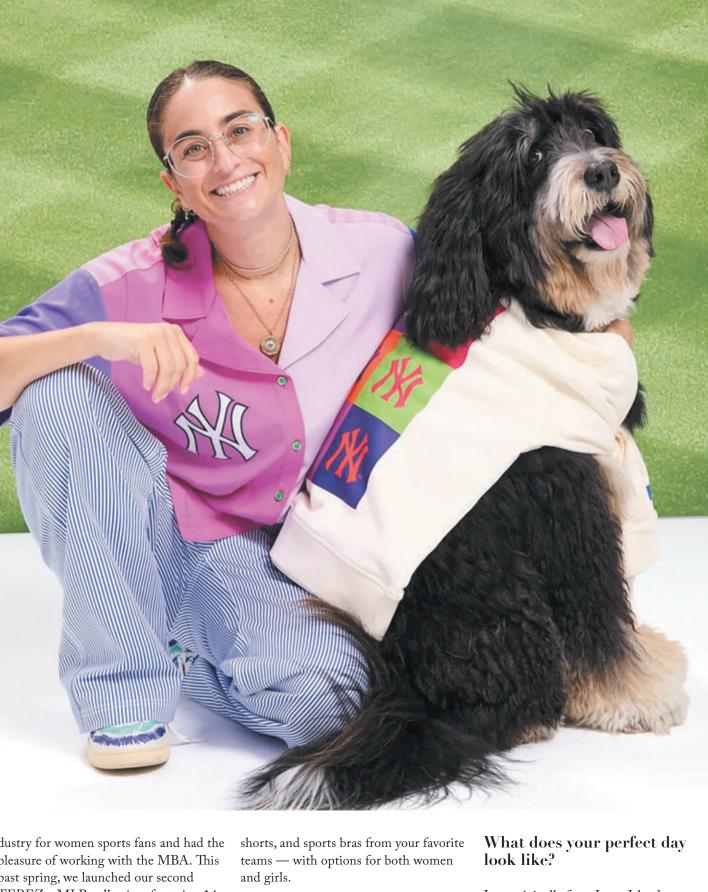
We are revolutionizing the fan wear in-

dustry for women sports fans and had the pleasure of working with the MBA. This past spring, we launched our second TEREZ x MLB collection, featuring 14 teams, after identifying a niche in the market for fashionable fan wear designed specifically for women and girls. The collection includes fun items such as logoed button-downs, t-shirts, jackets, biker

Up next is our collab with the NBA — we are so excited to share this collection in the early Fall!

It's summer on the East End.

I am originally from Long Island, so every day on the East End is amazing. I love spending time with my family (and dogs!), enjoying time by the water, hanging with friends, and making the best summer memories.







Long Wharf
Upholstery & Fabrics

Over 28 Years on the East End!



Upholstery • Fabrics • Slipcovers

Cushions • Pillows • Valances • Cornices

Installations • Pickup & Delivery

Long Wharf, St. 3 • Sag Harbor, NY 11963 631.725.2184 • longwharfupholstery.com Email: hoj4linda@yahoo.com



The little things they do every day make an "A" mazing difference



We are honored to have earned the nation's top distinction for patient safety, an "A" from the Leapfrog Hospital Safety Grade.

The "A" recognizes our high standards in patient safety. This "A" grade belongs to every one of our team members, who work 24/7,

year-round, to ensure our patients' safety.





Real Pilates Montauk

Celebrates Fifth Season

By Jessica Mackin-Cipro



eal Pilates Montauk is celebrating its fifth season.
We caught up with founder Victoria (Batha) Cuomo, a passionate classical Pilates instructor, to learn more.

Tell us about your background as a Pilates instructor.

I'm a third-generation, classically trained instructor, having graduated from the Real Pilates Teacher Training program in the fall of 2016. I went back to graduate school at Columbia University a few years later, where I received a Master's in Applied Exercise Physiology. I'm a passionate learner and am continually refining and adding to my qualifications with workshops, immersive anatomy classes, and, of course, Pilates lessons! As a former Divison 1 rower, I try to keep my teaching both athletic and rehabilitative. I want my clients to leave their session feeling better when they walk out the door than when they've walked in.

As you embark on your fifth season at Real Pilates Montauk, share with us the journey that led you to open a studio in Montauk.

This is a long one, but the short story is that we moved out to Montauk during the pandemic. My husband and I happened to walk by a building with a "for lease" sign in the window, and I called the number immediately. There was a lot of unknown regarding when gyms would be able to reopen in New York City, so I jumped on the

opportunity to open a small little outpost Out East. My first season, I had one reformer, one tower, and one wunda chair — it was barely a studio. I doubled the space and equipment for the second season, and so on. In 2023, I moved into a larger building, which has been a dream. We now offer small group classes and have rounded out our apparatus with nearly all of the classical pieces everyone knows and loves!

Could you tell us about your passion for classical Pilates?

Classical Pilates is what Joseph Pilates created and taught. In my opinion, there's really only one Pilates, and it is classical Pilates. With the increasing popularity of TikTok, I've noticed that Pilates is having a sort of viral moment, but most of what I see out there is so derivative of what we teach — it's veering further and further from what Pilates actually is. I created the brand "The Pilates Snob" in 2016 as a sort of tongue-in-cheek way to poke fun at not only the fake Pilates that I see everywhere but also as a way for those of us who stay true to the method to be able to shout it from the rooftops with various "Pilates Snob" apparel. A lot of training and studying goes into becoming a classical instructor, and I feel that these derivates can not only be misleadingly ineffective but often unsafe. I also feel that classical Pilates is the most effective workout I've ever done — so I'm a loyalist 'til the end.

What does your perfect day in Montauk look like?

My perfect day in Montauk would start with a stop at Naturally Good for their

"Firecracker" juice — I don't drink coffee and this is a favorite treat of mine. From there, we'd continue to Umbrella Beach for our morning walk with our two golden retrievers. I'd try and fit in some sort of exercise, whether it be a run, a Peloton ride, or some Pilates, and from there, I'd

park it at Gin Beach with a good beach read for a few hours. My husband and I have been stopping at the Gin Beach Café at the Angler's Club on our way home from Gin for mudslides and some apps — their menu is super extensive, and it's such a nice escape from the craziness in town.

We participate in the CSA from Balsam Farms, so we normally cook dinner at home. If we're feeling like getting out, we love to stop at Montauket or Topside for a drink or cross our fingers that the crowd isn't too crazy at the Crow's Nest because we really love the ambiance and food!



James Lane[®]

POST

Co-Publishers

Editor-in-Chief Jessica Mackin-Cipro Marketing Director Ty Wenzel Editor-At-Large Bridget LeRoy Sponsorships & Partnerships Christine Prydatko

Contributors

Heather Buchanan, Lisa Frohlich, Bill McCuddy, James J. Mackin, Kelly Alvarez Siry, Karen Amster Young

Digital Intern: Kyle Wenzel
Contributing Photographers
Rob Rich, Lisa Tamburini, Irene Tully, Richard Lewin, Lot 21

Advertising

Denise Bornschein, Sheldon Kawer, Elizabeth Kellick

Editor's Note

As summer reaches its close, we hope you enjoy one of the best months on the East End and savor all that our region has to offer.

We are thrilled to bring you the features that line the pages of this issue. On our cover, we have Katie Lee Beigel, who details her latest venture, Kind of Wild Wines.

We hope you enjoy the read, your Labor Day Weekend and beyond, and all of your time spent on the East End.

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



James Lane Fest

Friday, October 18 - Sunday, October 20

A weekend of art, wellness, fashion, and dining with James Lane Post at Sound View Greenport

Featuring:



Lidia Bastianich



Palak Patel



GR1FN



Claudia Fleming



Katelyn Hissong



Meredith Shumway



Kara Hoblin



Gabriella Macari



Erica Velasquez



Bridget LeRoy



Kelly Alvarez Siry



Lucy Nystrom

Join Us For A Weekend That Includes:

Artist dinner & exhibit curated by Kara Hoblin of North Fork Art Collective • "Elevate with Kate" Pilates class by Katelyn Hissong • Wellness discussion featuring Katelyn Hissong, Erica Velasquez, and Meredith Shumway • Lunch and book signing with Lidia Bastianich, Palak Patel, & Claudia Fleming • Meadowlark North Fork by Macari Vineyards wine dinner at The Halyard • Yoga with Lucy Nystrom of New Moon Health & Wellness • Beach walk guided by Kelly Alvarez Siry • Trunk Shows by Fallon & Ava, and more • Offsite seasonal wine tasting at Meadowlark • Music by GRIFN... and more to be announced!

Visit jameslanepost.com to book:















Funny Lady

Caroline Hirsch On 20th NY Comedy Festival, Political Correctness, & Making Robin Williams Laugh

By Bill McCuddy

aroline Hirsch is insisting on a two-drink minimum for this interview. Okay, that's not true. But after running Caroline's On Broadway from 1981 to 2022, comedy is in her blood. From her Water Mill home (she also has residences in Manhattan and Palm Beach), she is frank and funny about her beginnings, the current state of comedy, and whether Kamala Harris or Donald Trump is better for punchlines. Spoiler Alert: Her answer is political. But we begin with her Hamptons history.

When did you start coming out here?

When I was 16, I was staying with girl-friends and their older sisters in a share house somewhere off Peconic Bay. We would go out barhopping because the legal age was 18, but everyone ran around out here with their phony proof.

Caroline Hirsch, who would later own and run nightclubs, had a fake ID?

(Laughs) Yes. Then, coming out here and having a place of my own started in the late '70s. First, Sagaponack and then Water Mill. So, the Hamptons have really been a big part of my life. We all know how fabulous it all is. I mean, I can't drive from Westhampton to East Hampton anymore in 35 minutes. (Laughs) I was coming out here before they built the 27 Bypass. Where 27 turns before Southampton. You used to have to drive through that town and take the old Montauk Highway. We would go to the old beach clubs and go to Martell's in East Hampton.

And I did lots of comedy out here at Guild Hall starting in the late '90s. I brought Bill Burr out here, Lewis Black, John Pinnette, and Jeff Ross. The audience es are the same people as New York City.

So, give me a short history lesson now that this is the 20th New York Comedy Festival.

Well, it was probably eight big shows and some little shows in the beginning. We took time to get up to where we are now, which is around 300 shows over the two weeks. We have 21 big theater shows and more to be announced before it starts.

Johnny Carson used to say he always wanted Cary Grant as a guest, and he could never get him. You've had some of the biggest names in the business for this festival. Is there anyone you haven't been able to snag?

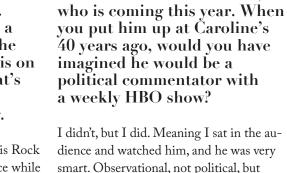
Eventually, they all give in. We don't get everyone we want every year because of their touring calendars. But we'll say, "Okay, how about next year?" and that's how we get them. We start the next year the day after the current year and sometimes before. Comics all want to work. And it's uptown, downtown. I can't see everything, but I do a lot of walking. I see two or three shows a night.

Do you laugh?

Of course I laugh. (And then she does.)

You know why I ask that. Most comics see it just as a business. They stand in the back while someone else is on and go "That's funny, that's good, that's stolen, that's hacky," that sort of thing.

Yes, but listen, I once watched Chris Rock and Robin Williams in the audience while Patton Oswalt was on stage, and they were dying. Standing up, cheering him on.



Let's talk about Bill Maher,

dience and watched him, and he was very smart. Observational, not political, but terrific at what he did. And as people get better and better, they can hone in on that thing they love. But when I started all this, nobody knew comedy was going to be this big. Did we think Jerry Seinfeld and Larry David would have this iconic sitcom? I mean, Bill did "Politically Incorrect," but did we think he'd grow it and grow it? I see him once a year, and we just look at each other and say, "Could you imagine?" From that little stage in a corner on 8th Avenue to all this. Today, there are just more comedians around that the kids like.

What about the way comics "launch" now as opposed to paying their dues in little clubs at 2 in the morning? Now, there's YouTube and TikTok. Are you a fan?

I think a lot of people get early recognition now, but they don't have the "moxy." They're like "one video wonders." But it takes hard work to hone a craft. We would sometimes have someone who had a great set at the club. So we'd book them back again, and they didn't have good material. And then if we booked them a third time, people wouldn't come back. It happens even on the David Letterman show. Emo Phillips did a joke about necrophilia. Something like "I loved her from head to the tag on her toe." And it was cut. And that was Letterman on NBC at 12:30. Emo was one of my first club performers. I gave Michael Patrick King of "Sex and the City" his first writing job for "Caroline's Comedy Hour." He and Jon Stewart did something called "Clown Psychology." And that show was where comedians built a following. And the more they were out there, the more people would come to see them. And that's the

same thing that happens today. But it's not just HBO and Showtime like then. Now everything is streaming.

I was never a fan of Dane Cook, but he was the first to use social media to build an audience, right?

He was. And we worked with him. Remember MySpace? He was the first one to collect emails and do all of his own marketing. And you're wrong because his stand-up was strong. He changed over the years, but he would sell out Caroline's two shows on Super Bowl night, and his contemporaries loved him. Then we produced him at Madison Square Garden on a Sunday afternoon, two shows, 19,000 seats each show. I will say a lot of comedians were very jealous of him.

"Stand Up For Heroes" opens the festival every year.

It benefits the Bob Woodruff Foundation and service men and women from the Iraqi and Afghanistan war. Before that, we did things for the Food Bank and Scleroderma Foundation which Bob Saget got involved with. And last year, I was honored with the first Bob Saget Award.

Did you tell an incredibly filthy joke in his honor?

(Laughs) No, I should have. But the funny thing is I had started that foundation with two of the chefs from the Seaport club. So they did a show in Los Angeles in the beginning. But then we left the Seaport and moved uptown and got bigger and bigger. And the festival grew obviously, too. Jon Stewart is back this year. And J.B. Smoove, Judd Apatow, Tracy Morgan, Gabriel Iglesias, Jaboukie Young-White from "The Daily Show." I'm constantly watching social and videos. And the big talent agencies pitch us all the time. They all want their clients in our festival.

Caroline's closed in 2022. You were pretty vocal about how Times Square had changed. Do you miss the club?

I miss seeing people's reactions to people. But I don't miss the daily/nightly thing like that. Times Square has changed. I went in there to change it. I was there. And then it changed. And then I got

outta there.

And in addition to the festival, you started producing documentaries.

Three docs. One was "Ask For Jane" in 2018 about the "Janes" in Chicago who helped their classmates get safe abortions. It was less a doc then a film made about the Janes. And it's living on Amazon somewhere. Another was "Call Your Mother," about comedians and their moms, released during the pandemic on Mother's Day. And the movie I just did in 2022 was called "The Conspiracy," about anti-semitism with Mayim Bialik, Liev Schrieber, Lake Bell, and Jason Alexander. It's in a beautifully drawn animation, and that's currently looking for a distributor. We screened it last year out of competition at the Hamptons International Film Festival. Anne Chaisson was very helpful. It's very special. But these movies are all before their time.

And now we may have a female President. But isn't Trump better for comedians?

Oh yes. But they'll find something with Kamala to skewer. Believe me, they're all working on it right now. But you have to be so good at your craft these days. You can't get away with crap. Ali Wong once said in an interview about "crossing the line" on a joke it's better to just get to the line and not cross it. And you go, "Wow," she got the point across, but she didn't cross that line. Comedy just got smarter, that's what happened. And Caroline's was responsible for a lot of where we got to today.

The 20th New York Comedy Festival runs from November 8 to 17, 2024. Tickets are available at NewYorkComedyFestival.com. And if you look carefully, the woman laughing at the back of the room might be Caroline Hirsch. She's a laugher.





Guild Hall

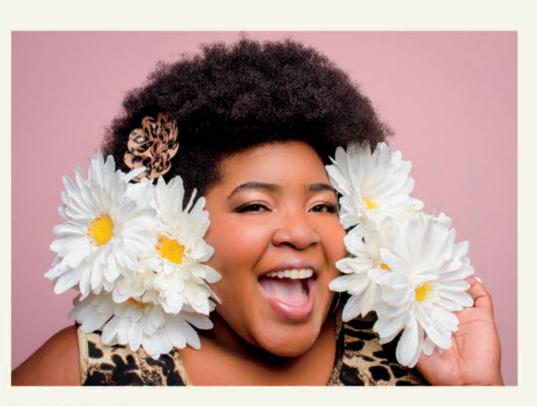
SEPTEMBER HIGHLIGHTS



VISUAL ARTS

NOW THROUGH OCTOBER 27, 2024

JULIAN SCHNABEL: SELECTED WORKS FROM HOME



COMEDY

SATURDAY, SEPTEMBER 21, 7 PM

DULCÉ SLOAN

GALLERY & COFFEE BAR HOURS: THURSDAY TO SUNDAY, 12-5 PM MUSEUM ADMISSION IS FREE



MUSIC

SATURDAY, SEPTEMBER 14, 7 PM

URO O'FARRILL AND THE LATIN JAZZ ENSEMBLE



PERFORMANCE ART

FRIDAY, SEPTEMBER 27, 7 PM

TAYLOR MAC IN CONCERT

AND MUCH MORE!



158 MAIN STREET EAST HAMPTON, NY 631.324.0806 INFO@GUILDHALL.ORG **GUILDHALL.ORG** @GUILD_HALL

Principal Sponsors: Agnes Gund, Lucio and Joan Noto, and Pace Gallery

Lead Sponsors: Jill and Darius Bikoff, Jacqueline Brody, Kim Heirston, Dorothy Lichtenstein, Linda Mackowe, Fern and

Visual Arts programs are supported by funding from The Michael Lynne Museum Endowment and The Melville Straus

Jeff Aronson, The Artist Profile Archive, Amalia Dayan and Adam Lindemann, Cara and John Fry, Susan Lacy, Robert Longo and Sophle Chahinlan, Onna House, Lisa and Richard Perry, Laurie and Martin Scheinman, Jeff and Audrey

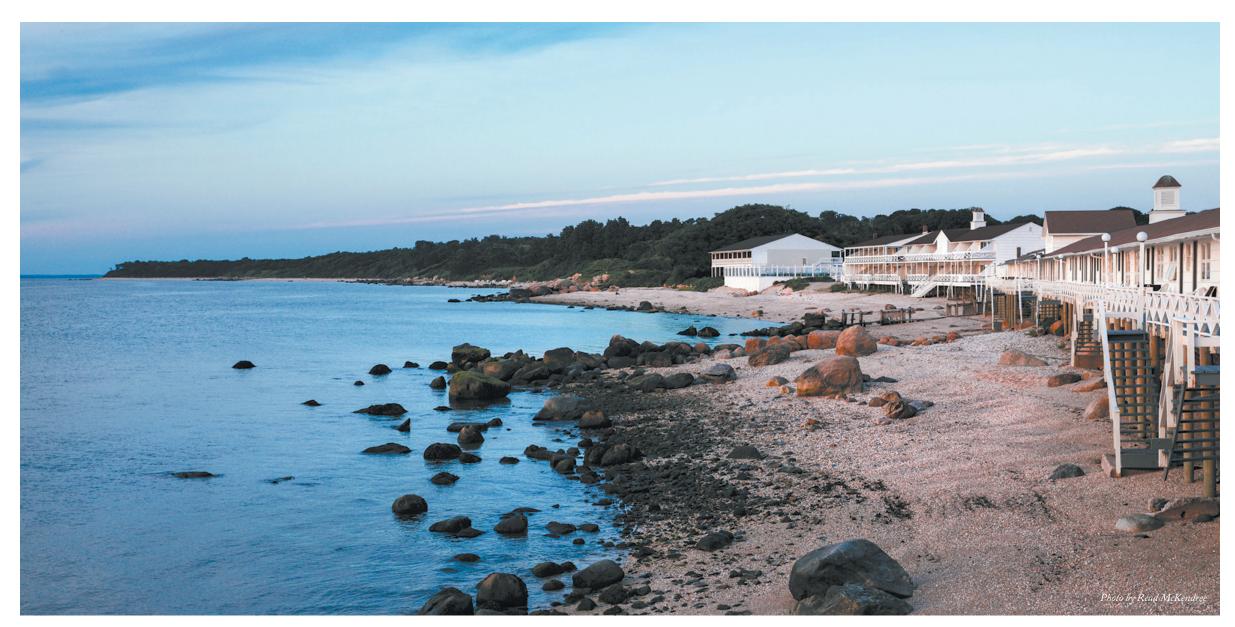
Spiegel, Hillary and Jeff Suchman, Barbara Tober, Jane Wesman and Don Savelson, and Neda Young Free gallery admission is sponsored, in part, by Landscape Details.

Performing Arts programming is supported in part by funding from The Malville Straus Family Endowment, and Monica and Peter Tessier. Music Programming is supported in part by The Ellen and James S. Marcus Endowment for Musical

Additional support provided by Friends of the Theater: John and Joan D'Addario, Christine and Bill Campbell, Gabrielle and Gianpaolo de Felice, Hilarie and Mitchell Morgan, Michèle and Steve Pesner, The Schafther Family Foundation, Lisa Schultz and Ezriel Kornel, Jayne Baron Sherman and Deborah Zum, Lelia Straus, and Susi and Peter Wünsch.

Installation of Julian Schnabel: Selected Works from Home, Photo: Gary Marray Arturo O'Farrill Photo: Laura Mariet

Duloé Sioan, Photo: Gabriel Michael



James Lane Fest

A Weekend Of Art, Wellness, Fashion, & Dining At Sound View Greenport

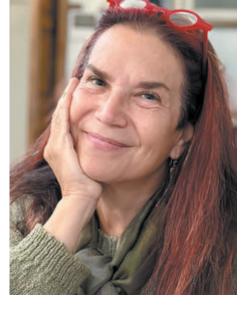


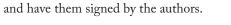












In the afternoon, attendees can explore the beauty of Sound View and capture perfect beach photos during a guided walk by content creator Kelly Alvarez Siry of @kellys_weekend_plans.

The cocktail hour will showcase music by East End-based DJ and producer Bryan Griffin, also known as GR1FN. Guests can enjoy music from his debut album, "Chasing."

Fallon & Ava, a line of turtlenecks by sisters Fallon and Ava King, will have a trunk show throughout the weekend.

Vineyards will host a wine dinner at The Halyard on Saturday night, led by Gabriella Macari. Gabriella has worked with her family at Macari Vineyards since







its establishment in 1995 and opened Meadowlark North Fork, a wine bar and private event space in Cutchogue in 2021. She recently passed the rigorous Master of Wine exam, joining a group of just over 400 people worldwide who have earned the credential.

On Sunday morning, Lucy Nystrom of New Moon Health & Wellness will guide a yoga class. During the afternoon, guests can also look forward to an offsite, seasonal wine tasting at Meadowlark North

Guests can reserve a space for the day or stay the entire weekend. Visit JamesLanePost.com to reserve.

(Photos right to left, from top): Claudia Fleming, Lidia Matticchio Bastianich (photo by Armando Rafaele), Katelyn Hissong, Palak Patel (photo by Adam Milliron), Bryan Griffin (GR1FN), Kara Hoblin, Meredith Shumway (photo by Kristin Gray Photography), Erica Velasquez, Kelly Alvarez Siry, Lucy Nystrom, Bridget LeRoy, Gabriella Macari

ames Lane Post is hosting an exciting weekend in partnership with Sound View Greenport from October 18 to 20. The event will feature a mix of fashion, art, wellness, and dining and will be held on the picturesque North Fork of Long Island. James Lane Post and Sound View have put together a range of activities for guests to enjoy while they soak in the beauty of the region. Guests can choose to stay for the entire weekend or join for a day and night of programming.

The event kicks off on Friday with an artists' dinner curated by Kara Hoblin of North Fork Art Collective at The Halyard. Artists will display their work throughout the weekend and will also be present at the dinner.

Saturday morning will start with an "Elevate with Kate" Pilates class led by Katelyn Hissong, a wellness advocate and well-known content creator. The class will be followed by a wellness talk featuring Hissong, Meredith Shumway, the founder of The Formula X Meredith, and Erica Velasquez, the founder of Evolveast Yoga.

A cookbook authors' lunch and book signing will follow, featuring renowned chefs Lidia Matticchio Bastianich, Claudia Fleming, and Palak Patel. Lidia Bastianich is a television host, best-selling cookbook author, successful restaurateur, and the owner of a flourishing food and entertainment business. Her most recent book "Lidia's From Our Family Table to Yours," which was released in October 2023, is a companion to her new 26-part public television series, "Lidia's Kitchen." Lidia is also a founder of Eataly. Among the numerous awards and accolades she has earned are seven James Beard Awards and two Emmy Awards for Outstanding

Culinary Host. Claudia Fleming is a pastry chef, restaurateur, and author. She has worked in New York restaurants such as Union Square Cafe, Montrachet, TriBeCa Grill, and Gramercy Tavern, and at Fauchon in Paris. Fleming and her husband, chef Gerry Hayden, opened The North Fork Table & Inn in Southold. Fleming has been named "Outstanding Pastry Chef" by the James Beard Foundation, and is the author of "The Last Course" and "Delectable." "Food Is Love: Plant-Based Indian-Inspired Recipes to Feel Joy and Connection" is a cookbook by Palak Patel, an acclaimed chef and Food Network champion. Chef Patel is the owner of Dash & Chutney restaurant and twotime winner of Food Network's famous shows "Chopped" and "Beat Bobby Flay." James Lane Post's editor at large, Bridget LeRoy, will introduce the chefs during lunch. Following the lunch, guests will have the opportunity to purchase books

Meadowlark North Fork by Macari

Alewife Brewing At The Shoals

The Dockside Brewery Is A Must-Visit This Labor Day Weekend (& Beyond)!

By Kelly Alvarez Siry









ummer on the North Fork was made even better with the opening of a new dockside beer garden at The Shoals hotel in Southold. If you haven't yet pulled up a chair — or a boat! — at Alewife Brewing's pop-up beer garden, you're missing out on one of the season's coolest experiences. But don't worry because Alewife North Fork plans to continue its residency at The Shoals into the fall.

The husband-and-wife team behind Alewife Brewing, Patrick and Roz Donagher, have brought their craft beer expertise from the heart of Queens to the shores of Southold. The couple, who have lived on the North Fork for about seven years, saw the potential to blend their passion for craft brewing with their love for the area.

"Having the chance to work at The Shoals was an opportunity we couldn't turn down. Not only would it keep us together at home in Southold with our young kids, but the hotel's scenic location and vibrant atmosphere on the majestic Peconic Bay has been the perfect place to spend our summer as a family. I truly loved every minute of it!" said Patrick.

Alewife Brewing, founded by Patrick and Roz in 2021, has built a legacy of community. The Donaghers have operated some of NYC's most beloved craft beer spots, and they're bringing that same dedication to the North Fork. Their beer garden at The Shoals is more than just a place to grab a pint — it's a celebration of tradition, community, and the joy of gathering together with friends and family over a shared love of good beer. And let me tell you, it's a match made in heaven!

Patrick said this about the experience so far, "Running a dockside bar and food truck on the North Fork and a brewery in Queens, with the added logistics of driving between the two, had its mix of excitement and challenges. However, it was definitely worth it. Roz handles the days I was at the brewery, and we worked together when I was back, so she obviously made it easy for me. It also helped that

it's a five-minute ride from our home! The commute also allows me to bring Alewife Brewing's spent grain from our brewery to Deep Roots Farm multiple times a week. The Alewife Brewing Beer Garden & Food Truck has not only been our place of work, but it was just fun to be there daily. With our views of the marina and Peconic Bay, it never felt like work. It had strong summer vibes."

The beer garden, which debuted Memorial Day weekend, has been drawing in happy crowds all summer. On weekends, locals and visitors flock to The Shoals — some by car, but many by boat, thanks to the hotel's unique dockside setup. How cool is it to sail right up to a beer garden, dock your boat, and enjoy a crisp, cold pint?

"I feel like our little beer garden served as a community hub, drawing in locals and visitors alike who are eager for social gatherings, coming by land and by sea! The anticipation from the community and friends suggests that we've tapped into a strong demand for outdoor spaces where our guests can enjoy good food and drinks," said Patrick.

Teaming up with The Shoals's owner, Jonathan Tibbett, the Donaghers have created an *al fresco* experience that's as much about community as it is about craft. The vibe is laid-back, the brews are top-notch, and the views are everything you'd expect from a North Fork summer. Set right on the water, this beer garden is more than just a spot to grab a drink — it's a destination.

The pop-up features Alewife's finest brews on tap, with something for every beer lover. Whether you're into German pilsners, refreshing lagers, or Alewife's signature IPAs (which, by the way, are some of the best around), you'll find something that pairs perfectly with your waterfront surroundings. Trust me when I say you'll want a cold beer — especially if you've got a plate of oysters from Little Ram sitting in front of you!

The Shoals food truck is pumping out some truly spectacular dishes. The menu

at the beer garden is locally sourced and absolutely delicious. Think fresh, briny oysters, delicious ceviche, and tacos with fresh-caught fish. Patrick and Roz have worked with purveyors like Blue Duck Bakery and Southold Fish Market to curate a menu that celebrates the best of North Fork's bounty. The real kicker? It's all crafted with flair by Peruvian chef Erick Turke, who brings a bit of his own heritage to the table.

Photos by Kelly Alvarez Siry

Whether you're in the mood for seafood rolls or a juicy burger, you can't go wrong — especially when paired with one of Alewife's crisp brews and beautifully crafted cocktails. My faves? I loved pairing the deep flavors of the new "Trippin on Haze" Hazy IPA with the sweet, tangy flavors of the Peruvian Ceviche, which has locally caught striped bass and octopus prepared traditionally with yellow chili sauce and leche de tigre.

"With fall drawing in, we had to ask ourselves if we should keep going. To that, overall, Roz and I had a blast, and it's truly rewarding to be able to reflect on the friends we've made. We believe it could be the start of something beautiful in Southold that combines our beer and culinary passions with the joy of community engagement. Fall is our favorite season, so I think we can definitely go beyond Labor Day. After all, it'll be Oktoberfest season! Our food menu may see some fall specials, including our Alewife Brewing Festbier, that we brew annually. I'm excited to serve up some of that very soon!" said Patrick.

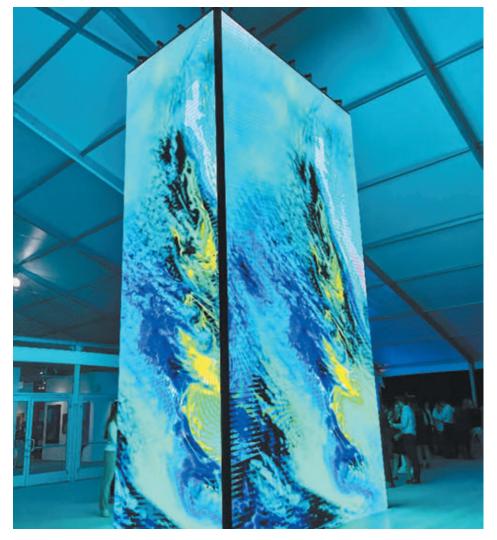
We all know that the fun doesn't end after Labor Day, so whether you're docking your boat after a day on the water or strolling in from town, stop by Alewife Brewing's beer garden at The Shoals this summer. With its unbeatable location, incredible brews, and friendly vibe, it's definitely a place to stop on the North Fork. Cheers!

Visit the Alewife North Fork Beer Garden at The Shoals from Thursday to Sunday this September.

Leila Pinto

A Journey From Wall Street To The Canvas

By Jessica Mackin-Cipro





rtist Leila Pinto shares with
James Lane Post her journey
from Wall Street to the
canvas and her embrace of
NFTs and digital art.

Could you tell us about your background as an artist?

As a New York City and Hamptons-based artist, I've spent time on the East End for over two decades. While working on Wall Street as a managing director for a major firm, I always harbored a passion for art and enjoyed visiting museums and galleries. However, it was the financial crisis of 2008 that prompted me to pick up a paintbrush and explore my creative side. I delved into the fundamentals of drawing and painting, seeking instruction from various New York institutes. Traditional representational styles, color theory, and plein-air landscapes laid the groundwork for my artistic expression. Inspired by luminaries like Rothko, Frankenthaler, and Willem de Kooning, I ventured into abstraction.

My art has been informed by my experiences and the events of our world. My first abstract collection was my Wall Street Series, inspired by my work in the financial sector. These paintings were a visceral response to events that dominated the headlines, like Brexit. By exploring those events through the lens of a painter, I try to make sense of that moment in time to create narratives and meaning.

My art has always been a reflection of my experiences and the pressing issues of our time. The oceans, with their breathtaking beauty and the ever-changing light on the East End, have been a profound source of inspiration for me. The Climate Change Series emerged as my response to global warming — an urgent call to safeguard our planet and oceans for future generations. Through my ocean abstract paintings, I aim to evoke visceral and cerebral reactions, drawing attention to critical environmental concerns. I am honored to have some of my ocean-inspired abstracts displayed during global climate summits in Dubai and Paris, as well as on a

monumental 24-foot-tall monolith at the entrance to Scope Art Fair during Art Week in Miami.

My artistic evolution spans realism to abstraction, tradition to innovation. Vibrant colors and dynamic brushstrokes infuse my compositions, capturing the energy and diversity of my subjects. Drawing from my Indian heritage, I create compositions that are a fusion of my professional experience, and personal vision — bringing a fresh and authentic voice to the canvas that resonates with diverse audiences.

When the pandemic disrupted in-person art events, I embraced digital art and the metaverse. Learning about NFTs and cryptocurrency, I put my art on the Blockchain and created a virtual gallery. Incorporating AI allowed me to reimagine iconic New York landmarks as public art installations. So, I guess you can say that my background is eclectic and continually evolving. Social media became my ally in sharing my work with a wider audience. As an artist committed to positive impact,

I've been honored to speak on art and entrepreneurship at the World Economic Forum in Davos. Being recognized as one of the top five digital artists to watch and having my abstract paintings featured in American Art Collector magazine have been incredible milestones. I was recently interviewed by Randi Zuckerberg, the wonderful, talented sister of Mark Zuckerberg, about my journey from Wall Street to Fine Art and Web3.

Curiosity continues to fuel my artistic path. I express gratitude to the teachers, gallerists, collectors, and fellow artists who have shaped my journey. Making art is a soulful process — one that brings me immense joy. Through sharing my creations, I hope to inspire others and contribute to a more vibrant arts landscape.

Your work has been widely exhibited in the Hamptons and beyond. Can you share your personal take on those standout moments in your artistic journey?

I was honored to see my artwork displayed on the Morgan Stanley headquarters in Times Square, for my efforts to give back through my art. During the Covid-19 pandemic, I was curated into a group show at the Oculus World Trade Center. The show aimed to encourage people to return to the transit system, which had been adversely affected. I am fortunate to have my work displayed in group shows at Hudson Yards, during NFT LA and SXSW (South by Southwest), and in Monte Carlo during the global metaverse summit. Exhibiting some of my ocean abstracts at the COP-28 global climate summit in Dubai was an honor. Through my art, I raise awareness about our planet's fragility and the urgent need for preservation. But the standout moment was seeing my work displayed on a 24-foot-tall Monolith at the entrance to Scope Art Fair during Miami Art Week 2022. Seeing my ocean-themed painting, animated and set to music, displayed on a colossal swirling glass monolith with the ocean as a backdrop was mesmerizing and humbling.



Kiss & Tell

By Heather Buchanan

Talking To Dead People

t is not only better to talk to loved ones while they are alive, it is cheaper. While perhaps fraught with emotional challenges, having the hard conversations with those while they are on the earth plane is easier than paying a medium to connect with them on the other side.

My parents were both believers in spirit, and my dad, who died first, promised he would connect with us. There is a distinct doorbell ring in the house where they lived, almost like a choir of church bells, and my sister, mother, and I would know he was saying hello. This freaked out some

guests and also an electrician, as the front doorbell had a short circuit and did not work, so no one was at the door when they went to check. This was unfortunate as this particular electrician was young and cute, but when I walked him outside to reassure him, a bird took a giant shit on my head, and I figured that was a sign not to pursue it.

My parents connected with channelers to the other side when they were alive, especially a lovely woman from California who channeled an 18th-century Scottish physician named Dr. Peebles. My mother had to assure my Aunt Judy she did not

take financial advice from him.

I have a strong faith as well, so when I had the chance to visit an 18th-century spiritualist community in a small Victorian gated community on a lake in upstate New York, Lily Dale, I jumped at it. Lily Dale dates back to the late 1800s as a bucolic lakeside "camp" known as the City of Light, filled with spiritualists and free thinkers, including a strong suffragette movement for women's vote. It still exists today with rows of pastel Victorian houses decorated with flowers, chimes, and angels set alongside a verdant forest and lake. Each of the 40 mediums registered there have been tested and credited by the Lily Dale Assembly and offer paid readings. There are also daily free readings from the "Inspiration Stump" and "Forest Temple," as well as hands-on healing.

The free public readings have several mediums appear before the crowd, almost like a standup comic looking for a laugh but receiving tears as the best compliment at connection. Some look out on the crowd and identify someone only to have their messages be met with blank looks of disappointment. Others are killing it, pun not intended, when they deliver messages to an audience member who grabs their partner to say, "Oh my gosh, that's him/

her," or burst into tears like my friend's mother who received such a specific message of gratitude from her mother. Inevitably, it is the specificity that makes a believer of those receiving the messages, the fact of the sister who was obsessed with her nails or a problem with a car's rear tire (the woman's new car had just been hit in the exact spot) or the mother who at the end of her life while not demonstrative had been so grateful for her daughter brushing her hair, putting her special cream on her face, and dressing her in her favorite nightgown.

Looking out at the sea of expectant faces, I felt the sheer vulnerability of those who were there. The hardest to watch were those who had lost a child. Their raw wounds were palpable. Inevitably, the message they received was that their loved one was fine on the other side with relatives and even pets, and not wanting them to succumb to grief.

What came through from spirit was never anger, resentment, blame, or rehashing past grievances. They were messages of appreciation, thanks, support, encouragement, and apologies for not understanding and supporting them when they were here, such as one grandfather for a gay grandson.

I was on a meditative high from the Fairy Trail, Friendship Park, Wolf Clan ritual circle, and friendly cats (more calico than black) until I started chatting with the night clerk at my historic Maplewood Hotel. It was my own fault for asking if he had any ghost stories. These included lights flickering like a disco party (my electrician might have appreciated that), sounds of horse hooves from the upper level, which used to be the barn before they built up the building, and people so disturbed in one room that they would get up at 2 AM and ask to be moved to another room. Apparently, the girl ghost was appeased when a medium said it had to do with the curtains, and once changed, she was fine (a whole new use for HGTV). I was pretty wired when I went to bed and thought if I couldn't calm down, I would just take my blanket and go sleep on the couch in the lobby. I am sure stranger things have happened.

When I reluctantly left Lily Dale, I felt my senses were more heightened, not only to the other side but to this side. As I was walking out of my parents' old house, the doorbell rang, and it stopped me before stepping onto the sidewalk, just long enough to narrowly miss an oblivious kid speeding by on the sidewalk on an electric bike that probably would have killed me.

by dria x James Lane Post

Host Wellness Event At Hero Beach Club





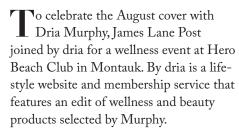








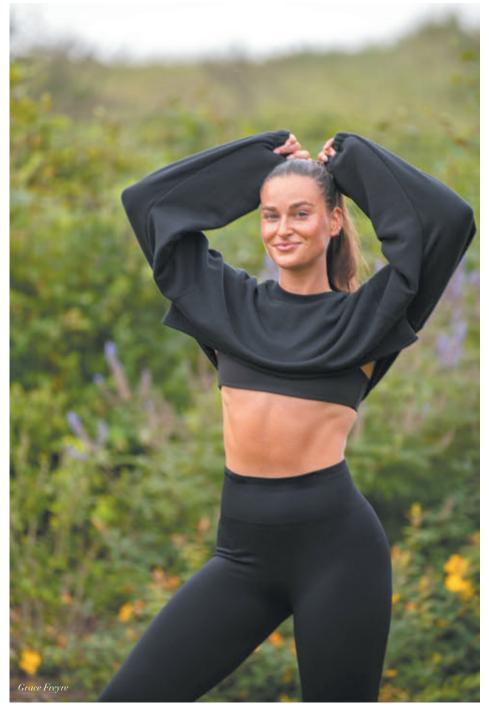


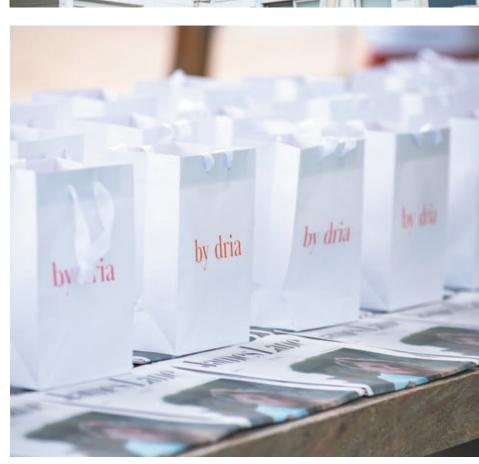


The morning featured a workout by Grace Freyre of SotoMethod. Guests also enjoyed Nalu Wellness B12 Shots and a Solid & Striped pop-up. Beverages included matcha lattes from Montauk Country Mart, energy drinks from Gorgie, Juliet's orange wine, and Koia's nutrition shakes.

Curated by dria gift bags included Furtuna Skin Biphase Moisturizing Oil, Livon Labs Lypo-Spheric Vitamin C, Lemme Glow Lollipops, Symbiome Respond004 Soothing Face Oil, GoMacro protein bar, La Prairie Skin Caviar Creme, and Superieur Electrolytes Electrolyte Packets.

Photos by Wil Weiss







Elements Barre Fit

New Flagship Studio In Sag Harbor

lements Barre Fit opened a new flagship location in Sag Harbor earlier this year, bringing its highenergy workout classes to the area. The new 2,000-square-foot studio, located at 11 Bridge Street in Sag Harbor, features Elements custom design with a sprawling lobby and retail area, two studio rooms including a dedicated private training studio, and an outdoor space. The studio also features Elements's custom ballet barres, offering a deeper stretch and more advanced workout. Classes at Elements Sag run year-round and include Barre, Dance & Stretch, SUP Barre (stand-up paddle board), and private sessions.

Andrea Fornarola, founder, CEO, and head trainer, will lead Sag Harbor classes. Since opening her first location in 2014, she and her team have delivered group fitness, dance, and private training in the Hamptons and New York City. The hybrid barre-based fitness workouts deliver a results-driven and client-focused workout experience.

Fornarola has over 20 years of experience as a professional dancer, musical theatre performer, actor, and fitness guru. She has developed programs and instructed classes at many fitness studios in Manhattan, including as a founding trainer at Physique 57. Andrea holds multiple nationally



recognized fitness certifications, including ACE, AFAA, Schwinn, and Real Ryder International.

"We're thrilled to be celebrating 10 years in the Hamptons with this new location," said Fornarola. "Sag Harbor is the perfect fit for our flagship location. We take pride in providing clients with a safe and friendly workout environment to reach their fitness goals as well as trainers to share their gifts with our amazing clients. What we have created is a network of the most amazing people and I'm so excited to continue to spread our reach as we scale our successful brand and vision."

What inspired you to start

We started as a local group of runners that live year-round on the East End. Our original group of runners were a group of friends that would visit other great run clubs up the island. We were attracted to [the other clubs'] inclusive vibe. People ran, walked, trained for marathons, or trained for their first 5K. We realized that the East End was in need of a supportive year-long community that encourages runners of all paces to achieve their individual goals.

What do you think draws people to the club?

Everyone from beginners to seasoned run-

Dweezil Zappa

By Ty Wenzel



eyond Grammy-winning guitarist and composer Dweezil Zappa's accomplishments on stage, his multifaceted career encompasses a diverse array of endeavors. He has composed for television, ventured into acting and hosting roles, and notably played a pivotal role in Reward Music, a web-hosting business solution platform. We sat down with Zappa to learn more.

Your musical journey has been incredibly diverse, encompassing various genres and roles.

I have always been interested in building a variety of skill sets. To that end, it also applies to my approach to music. I try to create a broader vocabulary as the years go by. From that perspective, it trickles down to my choices in instruments and gear. I like to push the boundaries of technology as well.

As a musician and a businessman, you've been involved in various ventures, including Reward Music. How do you see technology and innovation shaping the future of the music industry, and what role do you envision for yourself within this evolving landscape?

At its core, Reward Music is a web-hosting business solution tool. If the internet were created today, it would be obvious for everyone to see that musicians or content creators, or even standard businesses, would need to create a single space for their fans and customers to find their products and content. It doesn't make sense for anyone to give away all of their stuff to middlemen on a variety of other platforms and, as a result, not be able to connect directly with their customers and fans. The solution to this

problem is for a user (musician, content creator) to have the ability to receive 100 percent of all of their sales and own all of their website data, including their usergenerated email list, and to be able to use a huge selection of integrated tools, like built-in email, to cultivate a community and a strong reciprocal relationship. It can be thought of as a plug-and-play business hub with the ability to monetize, broadcast, and distribute products and content to a customer base with no middleman.

Given your unique vantage point as the son of Frank Zappa, a legendary figure in the music industry, how do you navigate the balance between preserving your family's musical legacy and carving out your own distinct path?

I really only seek the path in front of me at any given time. If I need to adjust or improvise along the way, I will do that. I'm not too concerned with other people's perception of what I do or how I do it. I prefer to let the work that I do speak for itself. I'm my own worst critic, so as long as I am happy with the results of the efforts I put into things, then I'm happy to share that.

Your journey in the music industry has been marked by creativity, resilience, and a commitment to artistic integrity. What advice would you offer aspiring musicians and creatives looking to navigate their own career paths?

Probably something similar to what I just said. When it comes to integrity, letting your work speak for you while maintaining a good attitude and treating people well is what will make all the difference.

East End Run Club

Gives 'Kudos' To The **Local Community**

By Kelly Laffey

What is 'kudos?'" you may ask. You've come to the right spot: It's how people celebrate each other's athletic accomplishments on Strava, a social platform where you can keep track of runs, walks, hikes, and other activities. It's also very much in line with the ethos of East End Run Club, where all runners are celebrated as they train for their goals in a supportive, inclusive environment.

The Southampton-based club was founded by Andrea Frankenbach, who saw that the East End was in need of an organized, year-round running community where people could come together to meet new training partners and tackle goals together. "People want to be part of something that keeps them accountable but also creates a warm, welcoming community," said Frankenbach.

The group's first run was on March 6, 2023, and it has steadily grown since then, hosting weekly runs, social events, and occasional "field trips" to run with other clubs. East End Run Club welcomes people of all paces for its organized runs

— they meet at the Southampton Publick House on Mondays at 6 PM for a 5K (3.1 miles), and they host longer runs on the weekends. "At the end of the day, we want people to hit their personal running goals in a supportive setting," said Frankenbach.

James Lane Post chatted with Frankenbach about East End Run Club, her reasons for starting the program, and the benefits of training with a community.

East End Run Club?

Runners are attracted to East End Run Club because we welcome all paces. ners is embraced. We are also a social run



club where every Monday night, we hang out after our weekly 5K for a beverage at Publick House.

Can you talk about the importance of being a year-round run club and serving that community need?

The great thing about the East End is that there are so many effective, friendly, and welcoming fitness communities, but as the summer season winds down, they tend to lose attendance. I felt like Southampton needed not only a consistent platform for runners throughout the year but also a social group where people could make friends, share goals, and support one another. We always say that running is an individual sport, but we build off of each other so much better as a team. Everyone could benefit from a community to fuel their individual goals.

What can people expect when they show up for a Monday evening run?

We have a summer route and a winter route. There is no need to worry about getting lost — someone will always be near you for the run if you're just getting started, and if you're a real speed racer, we have some fast people who will show you the way to lead our pack with them. You can listen to music or chat on your run. It's up to you. Afterward, we take our picture and then head inside Publick House for a beverage and some socialization.

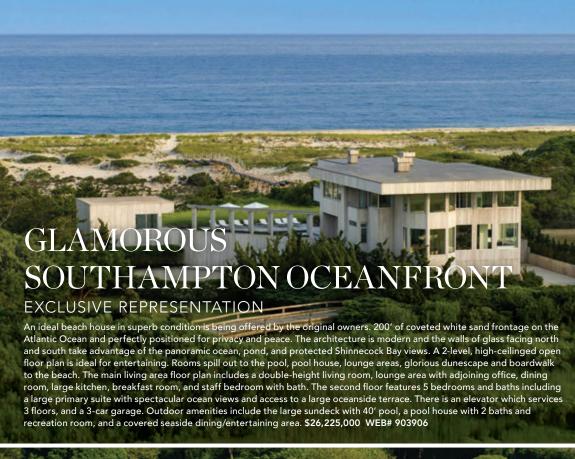
You can follow East End Run Club on Instagram @eastendrunclub to stay up to date on running and social events, as well as learn more about the planned long run routes. The group is also on Strava as East End Run Club.



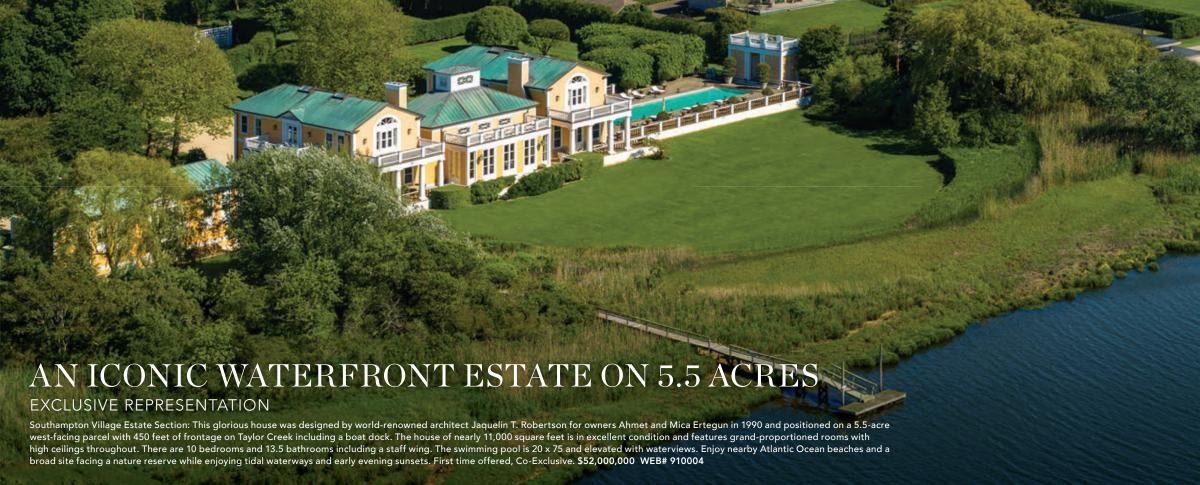














corcoran

Corcoran's #1 Agent Southampton 2023

Ranked among the Top 100 Individuals by Volume Nationwide & Ranked #12 Individual by Volume in NY State - 2024 RealTrends Verified

Over \$1+ Billion in sales in 36 Months

Over \$5.4 Billion+ Total Career Sales Volume

@HamptonsLuxuryMarketLeader

Tim Davis

Licensed Associate Real Estate Broker Regional Brokerage Advisor East End o 631.702.9211 | tgdavis@corcoran.com

Thomas Davis

Licensed Real Estate Salesperson m 631.885.5739 | o 631.702.9226 thomas.davis@corcoran.com