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RICKY LAUREN THE HAMPTONS Food, Family, and History



Ricky Lauren

The Hamptons: Food, Family, And History

By Jessica Mackin-Cipro



In this beautiful book, Ricky shares her favorite tips on entertaining, cooking, and embracing the East End lifestyle. It opens the doors to her family kitchen and features over 100 recipes. You'll discover her culinary secrets, beach-inspired dishes, and ideas for setting the perfect table. The rich history of the Hamptons is also woven throughout the stunning pages.

We asked Ricky a few questions to learn more.

How did you initially develop the idea for your book "The Hamptons: Food, Family, and History"? What inspired you to combine your recipes with family stories and interesting historical insights about the Hamptons?

After completing my book, "Ricky Lauren: Cuisine, Lifestyle, and Legend of the Double RL Ranch," it seemed like the natural next direction to go in. As a family, we have spent many wonderful years in the Hamptons. So much of summer and family events revolve around meals. I was always interested in the evolution and history of the East End: from a small farming community to a colony for pioneering architects, artists, and authors. I felt that combining this history with our fam-

ily history and my recipes from our favorite meals would make an interesting book.

What initially attracted you and Ralph to the East End?

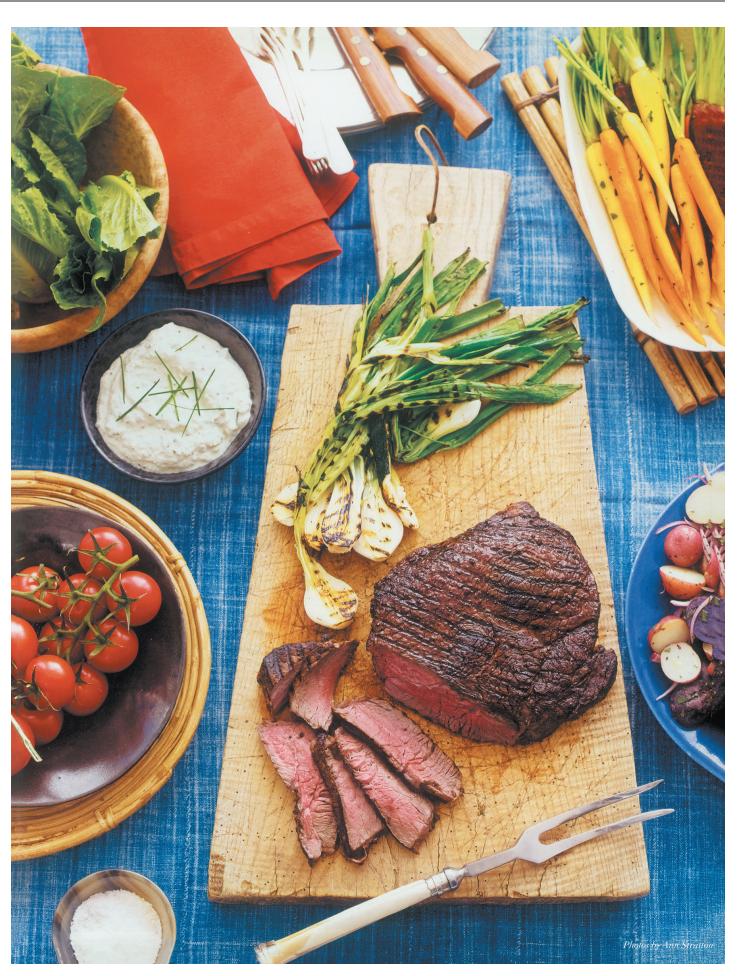
After spending too many hot summers in New York City, we decided to explore the East End. It was a fairly short drive at the time. We started spending our summers in Southampton, then in Amagansett, Montauk, and eventually a year-round rental in East Hampton as the children were growing up. The fresh air, sea breezes, long beach walks before breakfast and at sunset, and the quiet villages were a huge relief from the heat of the City.

If you had to choose one favorite summer dish that is a staple at family gatherings, what would it be?

Seafood is always a family favorite. It consists of whatever is the catch of the day from the local fishermen. We will often pair it with beef from our RRL ranch for the classic "surf and turf." Alongside this, we serve the fresh produce from the local farms and farmstands. We especially love the corn, tomatoes, peppers, squash, asparagus, potatoes, and broccoli. We often end the meal with the sweet fruit of the area, such as watermelon, cantaloupe, peaches, strawberries, and raspberries.

How do local ingredients and markets in the Hamptons influence your cooking when you are Out East?"

The ability to visit the farmstands and fish markets allows for spontaneity in the menu. The meals revolve around what is freshest and what is available each day.







Fern Mallis

The Legacy Of The Red Dress Campaign

By Jessica Mackin-Cipro

ern Mallis's career spans the gamut of fashion. She was the Executive Director of the CFDA, the creator of New York Fashion Week, and the senior vice president of IMG Fashion. She continues to host her conversation series, "Fashion Icons with Fern Mallis," at the 92Y in Manhattan, where she has interviewed many fashion greats, including Marc Jacobs, Tom Ford, Michael Kors, Donna Karan, and Calvin Klein.

Fern was instrumental in the creation and success of the Red Dress Campaign, which raises awareness that heart disease is the number one killer of women. The campaign, to this day, features top designers who create stunning red dresses, which are then worn on the runway by well-known women from diverse backgrounds.

At a recent shopping event at Michael Kors in Southampton to benefit the American Heart Association's Heart of the Hamptons campaign ahead of its Sand & Style Soirée summer gala, Fern gave a talk with James Lane Post about her connection to the Red Dress campaign and Michael Kors' involvement as one of the first designers to create a Red Dress for the inaugural fashion show in 2003.

Fern explained that a team from Ogilvy &

Mather, a global marketing communications company based in Washington, D.C., was developing a campaign focused on women's heart health in collaboration with Susan Blumenthal, the director of the Office on Women's Health. Among the team members was Ronnie Denn, the mother of Maja Chiesi, a top model booker at IMG Models. She approached Fern for assistance in engaging the fashion industry in support of the cause. The idea was born.

The launch of the Red Dress Collection at New York Fashion Week began with a presentation of dresses on mannequins in the fountain under the Bryant Park tents. The following year, it evolved into a full-fledged fashion show. Michael Kors was one of the designers involved from the beginning.

"With this campaign, we got mannequins,

and we said, 'Let's get designers to do red dresses.' And of course, Michael is always on the top of our minds when we do something. You always get Donna and Calvin and Ralph and Michael, and then it goes on from there. And they all contributed a red dress that was on a mannequin inside the fountain. It was so successful that we said, 'How do we top that?' The next year, plans were made to do a fashion show."



Michael Kors dressed Frankie Rayder in the inaugural show. "It started the first year with all the top IMG models — Shalom Harlow, Carolyn Murphy, and Amber Valletta — they all were in the show, and every designer wanted a red dress to be featured," said Fern.

Before the Red Dress Campaign, Fern worked on Fashion Targets Breast Cancer, a campaign co-founded by Ralph Lauren, which was licensed to various fashion organizations and fashion weeks worldwide and raised millions of dollars for research.

They called on First Lady Hillary Clinton to become involved in the Fashion Targets Breast Cancer campaign, said Fern. "So when the Red Dress campaign came about, I said to the team at Ogilvy, because they're very connected in Washington, 'You need to get First Lady Laura Bush involved because that just takes it to another level.' And they did."

Fern played a crucial role in First Lady Laura Bush's campaign involvement. "Laura Bush is a sweetheart," said Fern. "She is the nicest, fabulous lady... Laura Bush came on board, and I became her point person. I was designated to greet her, bring her in, walk her through, explain everything, and sit with her at the show, and she could not have been more supportive and charming."

Laura Bush was the only First Lady to attend New York Fashion Week in Bryant Park, said Fern, and she continued to do so in the years following. The shows were a fantastic success, leading to many years of the Red Dress Show and the Red Dress Heart Truth campaign. "The following year, it was celebrities. One year it was the theme of musicians, and then another year, it was all the TV stars, and then, athletes from every walk of life," Fern said of the show's evolution.

"Every publicist and agent wanted their client to be in the Red Dress campaign because it was such an important cause. I can't even tell you the backstage nightmares of which ones needed a private place to dress," she laughed. "The media that came for each of these Red Dress shows was just unbelievable, and sponsorships kept coming in."

Over the past 20 years, this successful campaign has significantly raised awareness among women about heart disease. It emphasizes the importance of risk reduction and prevention. The campaign has spread the message globally, and fashion shows promoting this cause continue to this day.

"The shows went on for years, and they eventually outgrew the tents. The red dress became like the pink ribbon — it became the symbol of heart disease," said Fern.

"It's really an extraordinary campaign because it's about awareness. I think most people don't know that heart disease is the number one killer of women. People think it's other things, but it's heart disease. And it's, for the most part, preventable. It's preventable by diet and exercise, taking care of yourself, and understanding what those issues are."

Twenty percent of all sales from the shopping event at Michael Kors in Southampton went to benefit the American Heart Association's Heart of the Hamptons Campaign. During the talk, Fern reflected on her relationship with Kors



"Besides being so extraordinarily talented, his clothing is spectacular," said Fern. "This is Michael Kors that I'm wearing, from a couple of years ago, and it's just timeless. When I interviewed Michael, it was one of my early interviews at the 92Y series, 'Fashion Icons.' We said, 'You know, if you weren't a designer, you really should do stand-up.' I mean, he really is funny. And what a remarkable career he's had and continues to have. He's really special."

Fern is this year's recipient of the American Heart Association Impact Award at the Heart of the Hamptons Sand & Style Soirée on Friday, June 27, at the Bridgehampton Tennis and Surf Club. Tickets are available now.

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POST

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Editor's Note

elcome to our June issue! The summer season is upon us. We hope you enjoy the articles and interviews that line these pages. Take your copy of James Lane Post to the beach and enjoy the read as you listen to the waves crash.

On our cover, we feature Ricky Lauren. Her book, "The Hamptons: Food, Family, and History," is back in print, capturing the warmth of family and the joy of coastal living.

We're excited to announce that we'll be hosting our first European retreat in September. Join us in Provence, France, and Sanremo, Italy. You can read all about it in our travel section.

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





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It's Getting Hot 'Inn' Here

Summer Is Selling Out At Canoe Place Inn & Cottages

By Bill McCuddy

raham Nash tickets are all gone
— sorry. But Rufus Wainwright
says it feels like coming home.
And Mark Normand bragged to
his Instagram followers he had so much "fun"
he couldn't wait to come back. Where? Canoe
Place Inn and Cottages in Hampton Bays.
General Manager Matthew Kristan is happy
but not surprised that a venue famous for the
arts is drawing this kind of crowd. "There
really is something for everyone from comedy
to classic rock and reggae," he said. "The feedback was so positive right after we announced
the summer series," he added.

That's an understatement. They've added new shows and continue to do so. It's thanks in part to a ballroom steeped in history, newly fitted with state-of-the-art lighting and equipment. "Artists are excited to play in a room where the acoustics are great," said Brian Kelly. His New York City-based Murmrr Presents books the acts. He's also brought other big names out for charitable events like the benefit for the Montauk Point Lighthouse. "The ballroom has been professionally 'tuned' and it sounds amazing. It's a 'Lamborghini off the lot' in terms of sound systems. There's no other place out here that has anything like it."

That's music to the ears of acts like Aimee Mann, Steel Pulse, the Gipsy Kings, Buena Vista Orchestra, and comedians like Modi, Grace O'Malley, David Cross, and the returning Mark Normand. He's got 1.3 million followers and, as of this writing, is close to

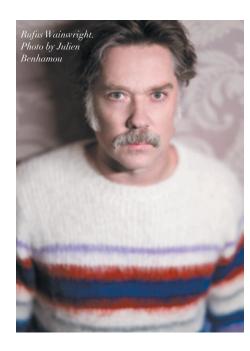
selling out, too. Some of the acts, like Nash, are even becoming coveted aftermarket tickets, commanding premiums on sites like StubHub.

Canoe Place and Murmrr are doing something right. "The community response has been terrific, and everyone is excited," said Kristan. "Last year, with Jeff Goldblum and Mark Normand among others, we knew we were on to something. We look forward to seeing everyone this summer."

For Rufus Wainwright, it's just stopping in to see a new friend in the neighborhood. "I live on Long Island, up in Montauk, plus I grew up on Shelter Island," he tells me, before a funny follow-up. "My family is buried in East Hampton. It feels like coming home. Not to be buried, thankfully."

Kelly has worked in the Hamptons, New York, and Miami for over 10 years and says the Hamptons are ready for "high-end music and comedy." He brought comedian John Mulaney to Montauk last year for the Lighthouse benefit. This year, he's got Norah Jones and Kevin Hart dropping by. Kelly is connected. Hey, maybe they'll drop by Canoe Place on their way to the more Eastern End. Eventually, everyone does, it seems. From Albert Einstein to Gary Cooper, Count Basie, and even Lucille Ball and Desi Arnaz.

All of that helps add to the allure of a place that was once rundown and now rescued.



Canoe Place had a lavish renovation and reopened two years ago. And if you're coming here for a gig, you'll know they spent money in the right places. Kelly tells artists the space is "an anomaly with a history all the way back to 1697, so the legacy is built in." He also says great partners like Union Square in the kitchen help make it a great night out. "You're seeing world-class artists in a space bigger than your living room, but still very intimate."

Back to the rundown. Comedian Modi tours the world. He's packed the Montreal Just for Laughs Festival and been to the UK, Holland, and, of course, all over the country. Even with all those passport stamps, he's excited to play Hampton Bays. "I love performing for Long Island crowds. They're always full of energy, and the Hamptons audiences are always ready for a good time, especially in the summer." His first show sold out so quickly that Canoe Place added a matinee at 4 PM. "I'm incredibly grateful the first show sold out so quickly. I can't wait to be back and share this new hour of material I've been working on."

The mix of such diverse programming seems "eons apart from a sensibility standpoint," Kelly said. "But the main thread is high-quality artists with cultural value that create meaningful memories, so you walk away having had a great experience." Some of this is new for the performers. "David Cross from 'Arrested Development' and 'Mr. Show' has never been out in the Hamptons before," Kelly revealed. "Mary Beth Barone has a new show



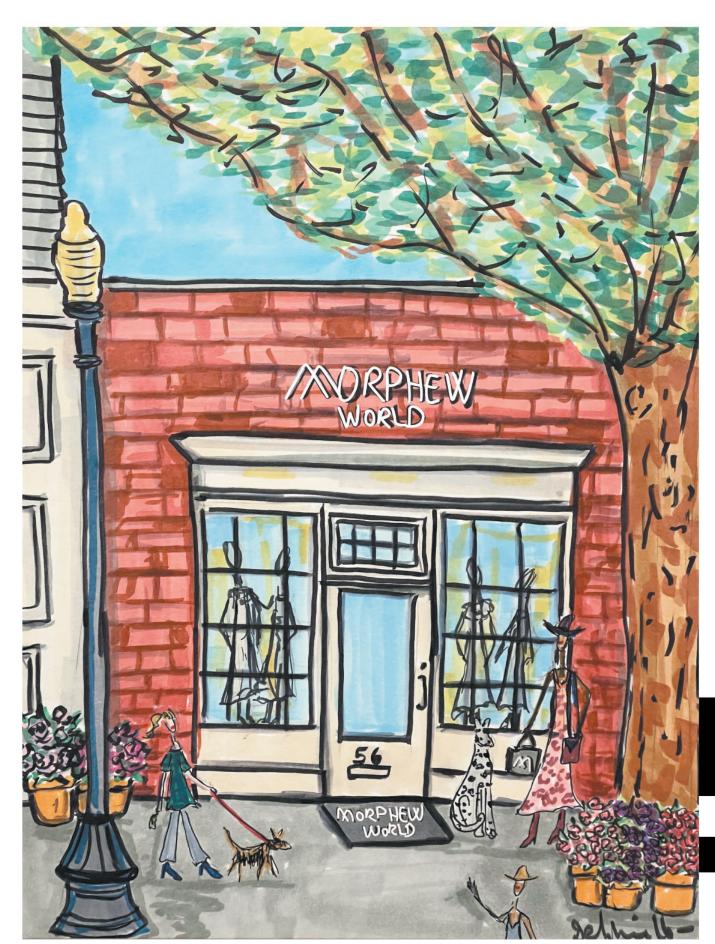


on Netflix, and she's a rocket ship on the way up. Hasn't been here. Grace O'Malley is great, and she's never been out here either. So it's exciting to bring new people to the Hamptons."

In the end, Kelly said, for everyone who walks into that ballroom, whether they saw acts there in the '40s or the '90s, there's a vibe. "You can kind of hear the walls talking when you go in there. It's part of the charm and the appeal."

This summer, those sounds will be bouncing off those walls. Get your tickets while you can. They're going fast.





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An Immersive Escape For The Senses very aspect of Shou Sugi Ban House in Water Mill, from the carefully crafted meals to the spa treatments to its striking minimalist architectural design, encourages a return to tranquility. Here, healing occurs through a truly immersive experience for the senses.

Embracing the principles of wabi-sabi — a Japanese philosophy that embraces imperfection, transience, and the beauty of natural simplicity — Shou Sugi Ban House provides an exquisite escape that invites you to unwind and rejuvenate. Whether it's a tranquil getaway or a refreshing day trip, immerse yourself in spa treatments designed to refresh your body and soul. Coupled with a culinary program that celebrates vibrant flavors and artisanal craftsmanship, each moment spent here will leave you both nourished and inspired.

In addition to its world-class spa treatments and accommodations, Shou Sugi Ban House

offers a multi-course tasting experience every Friday and Saturday evening, highlighting the creativity and skill of its exceptional culinary program. Each menu is carefully crafted either by the in-house team or by renowned and emerging chefs from around the world, showcasing a unique representation of seasonal, organic ingredients. This dining experience is designed to celebrate the beauty of the ingredients and the essence of intentional dining, with every course inviting guests to form a deeper connection to nourishment and craftsmanship.

Two new series will take place for the first time, inviting day guests to experience the property in a new way. The Balanced Body Series is offered Monday to Friday from May through September. Embark on a transformative journey that combines invigorating movement with restorative relaxation. The series kicks off with a group fitness or yoga class at 10 AM, set in the peaceful environment of the indoor/outdoor Movement Pavilion.

Following your movement session, immerse yourself in the soothing waters of the Hydrotherapy Circuit and Thermal Suite. This combination of movement and hydrotherapy provides a holistic wellness experience designed to renew, restore, and refresh. Stay for lunch or enjoy a spa treatment afterward.

Friday Evening Rituals will take place from June through August. Join for an evening of movement and dinner featuring the chef's tasting menu. Start your evening with one hour of access to the communal hydrotherapy suite, followed by a 60-minute transformative ritual, and conclude with the Chef's Tasting Dinner, crafted with a focus on wellness and sustainability. Transformative rituals include the New Moon Sound Ritual with Brittni Svanberg on June 27, July 25, and August 22. Shamanic Healing with Lauralee Kelly will take place June 13, July 18, and August 15. Heart Opening Kundalini with Bailey LaMarca-Zamora will be held June 13, June 20, July 11, and August 8.



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Love During Wartime

An Interview With Robert Schenkkan

By Bridget LeRoy



ulitzer Prize-winning playwright Robert Schenkkan is gearing up to debut his latest production, "Bob & Jean: A Love Story," at Bay Street Theater in Sag Harbor, starting May 27. This intriguing piece draws from a collection of letters his parents — Bob, a pioneer in public radio and television, and Jean, a USO actress — wrote to each other during World War II, offering a raw and authentic glimpse into their relationship.

Schenkkan talked with James Lane Post about what it was like to read his parents' letters for the first time, creating a dramatic piece from the pieces, and life in Sag Harbor.

So tell me about finding your parents' letters and what that was like for you.

Well, they were always a presence in the house. There was no secret about them. They were in these cardboard boxes up in the attic, and as a boy in Central Texas, I was exploring the attic. They weren't particularly interesting to me as a child, not nearly so much as my father's hand grenades, which were lying around the house, and the brass shell cartridge from a Mark 5, the naval gun, that was an umbrella stand by the front door. There were lots of interesting things in the house, but the letters — not so much.

But by the time my father had passed, which was about 12 years ago, I had become the kind of de facto genealogist historian of the family. And so, I wound up with all my parents' and grandparents' and great-grandparents' documents and pictures, including the letters. And so by that time, I'm now a parent, grown children of my own, and thinking more about my parents and my family and how it affected me.

And we're living in Sag Harbor by that time. It's Covid, so we're in isolation. Every day I'm walking on the beach, on Long Beach, to clear my head and picking up scallop shells, and thinking about my dad, who used to walk the beach on Vanuatu and collect seashells that he sent to my mother, and those were the seashells that were in my childhood home. So I pulled the boxes down, and I pulled the letters out, and I started to read them. And I had realized that what I really needed to do first was transcribe them. They're handwritten for the most part, beautifully written, I must say. My own handwriting I can't read, but theirs

And so not only transcribe, but put them in order, because the mail system was so chaotic during the war that nothing arrived in order. You might write a letter and have a really important question, and then not receive an answer for three months, but get five other letters in between talking about other things.

I never thought about that. Of course, they wouldn't be necessarily chronological, would they? That's amazing.

I really had to put them in order, and that's when the story fully emerged, that first time where I had them all in order, and I could now read the conversation that they were having. That was extraordinary. I was very, very moved and very surprised. By that time, I'm up there in years, let's say, but I'm reading these letters from my mother and my dad. My mother is 22 and my dad is 25, and they're unburdened by family and children. Here, their lives are in front of them, and they have all these hopes and dreams, and they're struggling in so many ways with their families and what's happening in the world.

To begin with, it was in my mind that there might be a story here that would be interest ing to a wider audience.

What was the hammer that hit you on the head, where it became something more than just love letters, and became a play?

Well, the story has a real arc, a beginning, a middle, an end. There's plenty of drama in it, plenty of conflict in it. I know how it ends, but the ending doesn't feel like it was given. It doesn't feel like it was always going to wind up this way. So it has all the elements that you want in a good story.

And I also thought, and this is really important: the message, if you will, the heart of this story, was perfectly in tune with our times. That's really important to me when I sit down and decide to devote myself to writing a play or a movie or a television thing is, why this story now? Why does this matter? And I felt

That's beautiful. So both of your parents were really involved in the arts. Your dad was in NPR, communications, public radio, and your mom was a USO actress. I don't know what she did after she came back. I imagine raising four was it four boys in your family?



Yeah. That was probably enough. That's enough of a resume.

She was plenty busy, but they were both very, very civic-minded and very involved in their community in every possible way, from being on the PTA boards and doing volunteer work. My father, as you point out, was a pioneer in public television and radio, creating the first public television radio station in really the Southwest, and helping President Johnson's team write the bill that eventually becomes the Corporation for Public Broadcasting.

And I know that you wrote "All the Way," about LBJ, of course. I must say that's your work that sticks with me. The **HBO** movie with Bryan Cranston.

Yeah, HBO. And Steven Spielberg produced

So did you get to meet LBJ when your father was doing that work?

We did, although I have no memory of this. But when I started work on the LBJ plays, because there are two plays, I asked my oldest brother if he remembered going out to the ranch, and he said, "Yes, I did. But it's interesting. I don't really remember LBJ." He said, "What I remember distinctly is how incredibly respectful our father became around this man." What he really felt was the power dynamic, which is kind of an interesting thing. So, yes, and my dad would go on to be credited by many people, including Bill Moyers, with saving PBS in '71 when Nixon tried to gut NPR and NEA. Familiar story.

So were your parents still alive to witness your success?

Well, both parents were alive to see my first full-length play professionally produced. That was a play now titled "Final Passages," which was produced in New York, in Buffalo, actually, at the theater there, which sadly no longer exists. So it was my first play, I got an

tists, and I was pretty much off to the races. The play was also optioned for Broadway. That didn't happen.

But she died shortly after that, far too young, kind of tragic circumstances. So she was not present for "The Kentucky Cycle," and the Pulitzer, and "All the Way." My dad was. But they were both very, very proud of what I had accomplished. I should say, they made a point of never pushing any of us into the arts and into theater. My father was a playwright and an actor, and as I said, Jean was a professional actress, and so they knew how hard it was, and they didn't feel like anybody, any child, needed to be thrust into that world. But once it became clear that I, and I'm the only one of the four who did, had my heart set on it, then they were very, very supportive. Couldn't

Was it difficult to edit your parents' words? Because that sounds borderline guiltinducing, and/or therapeutic.

A little Freudian, maybe. It was not difficult, but it was challenging. The rules of the game, as I established them for myself, were as much as possible, when they are speaking, to simply use their own words, although I would allow myself to edit and rearrange the text as necessary. Because, as I started off saying, everything is out of order, everything was

In sequences, and there are a couple of sequences on stage where the narrator, who is a stand-in for myself, questions or interrogates Bob and Jean, or vice versa, I allowed myself a little bit more leeway, although always trying to adhere as closely to what they had actually said. It was very, very illuminating. It was a very positive experience to try to imagine myself in my parents' minds and hearts and capture their voice and their journey. So it was not painful in that sense, although rehearsals were quite emotional for me, in a way that they are not usually.

That's lovely. Tell me a little about living on the East End and your relationship with the Bay Street Theater.

New York since I was 19, since I was 24, I guess, or kept a place here. I was on the West Coast for a long time and then moved back to New York when I did "All the Way" on Broadway with Bryan Cranston, and sold my house, which was then in Seattle, and met my now wife, Deborah, a.k.a., the Greek goddess.

But I wanted a house outside of New York. I couldn't just live in New York City, 24/7/365. I didn't really know the South Fork that well. Deborah knew it quite well. And the minute I set foot in Sag Harbor, I just relaxed, and it just felt like home. And we saw this house and made a bid on it immediately, and I've been there ever since.

So it's my hometown, and Bay Street is my hometown theater. It is my theater. I attend regularly. I support it in whatever ways that I can. And I think of both Tracy and Scott, the co-artistic directors, not just as professional colleagues, but as friends. And so I'm very, very invested in the theater, very proud of it.

And if there's a message in "Bob & Jean," what is it?

It's the thing that I touched on ever so briefly earlier in our conversation, about why this play now. In 1943, when my parents fell in love, it was a really dark time. We look back now and we think, oh, of course, the good guys won. But that is not at all what it felt like then. And so for them to, despite that, despite the uncertainty, the darkness and the uncertainty about the future of the world, for them to make this decision to, yes, to love, and to commit to each other, and to have a family, I think is a really wonderfully hopeful action. They bet on hope.

And I think right now we are experiencing a similar time, a very profound confusion and darkness, where things seem quite uncertain. And I think for an audience right now, a story like this about people in a complicated world who choose love, who choose hope, will be just the ticket.

"Bob and Jean: A Love Story" runs at Bay Street Theater from May 27 to June 15. For more information, visit baystreet.org.

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The Last Word:
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The East End Collective

Delivering A Whole-Body Wellness Experience To The Hamptons

By Lisa Frohlich @hamptonsnystyle

he East End Collective is redefining wellness on the East End with a thoughtfully curated four-week program designed to detoxify, restore, and energize the body from the inside out. Their signature offering is a holistic, multi-layered reset that combines the best of clinical expertise and natural healing modalities. Participants are guided through weekly sessions of personalized nutrition consultations, lymphatic massage, IV therapy, and colon hydrotherapy. Each service builds upon the next to support long-term wellness and vitality.

The program runs on a consistent, rotating weekly schedule that's both structured and flexible, allowing participants to integrate treatments seamlessly into their lives. From nutrition sessions designed to support digestion and sustained energy, to hands-on lymphatic massage that enhances circulation

and reduces fluid retention, to vitamin-rich IV drips and colon hydrotherapy sessions that improve elimination and nutrient absorption, the experience is intentionally holistic. Daily food journaling adds an extra layer of accountability and insight, helping clients develop lasting habits.

What truly sets The East End Collective apart is the team of seasoned practitioners who bring this program to life. Each expert blends deep clinical knowledge with a whole-body wellness philosophy. Nutritionist Charlotte Abbate, MS, CNS, CDN, founder of Thrive East, leads clients through practical, real-food solutions rooted in science. With a background in emergency medicine and a passion for patient-centered care, Sara Ciampini, RN, offers concierge IV therapy that prioritizes both results and connection. Kelly DeSesa, RN, CLT, brings over two decades of experience in lymphatic health, offering customized



care to those managing swelling disorders, recovering from surgery, or seeking better circulation. And Shannon Conklin, CT, founder of Organic Edge, channels nearly 20 years of holistic wellness experience, including colon hydrotherapy, bioenergetics, and lymphatic drainage, into a deeply personal mission inspired by her own family's health journey.

When I met the team from The East End Collective, I was immediately struck by how grounded and genuinely approachable they were. They answered all my questions, no matter how simple, with thoughtful, informed insight. We connected at Organic Edge, a

spotless space in Southampton featuring serene treatment rooms, top-of-the-line colon hydrotherapy suites, and a sleek infrared sauna pod. What really stood out to me was how each of the four women on the team has experienced one another's services firsthand.

Proof of their respect for each other's work and a shared belief in the power of this collective approach to wellness. Together, this team offers a unique balance of clinical credibility with compassionate care. For anyone ready to feel better, more balanced, and in control of their health, The East End Collective offers a personalized way to get there.

New In Wellness

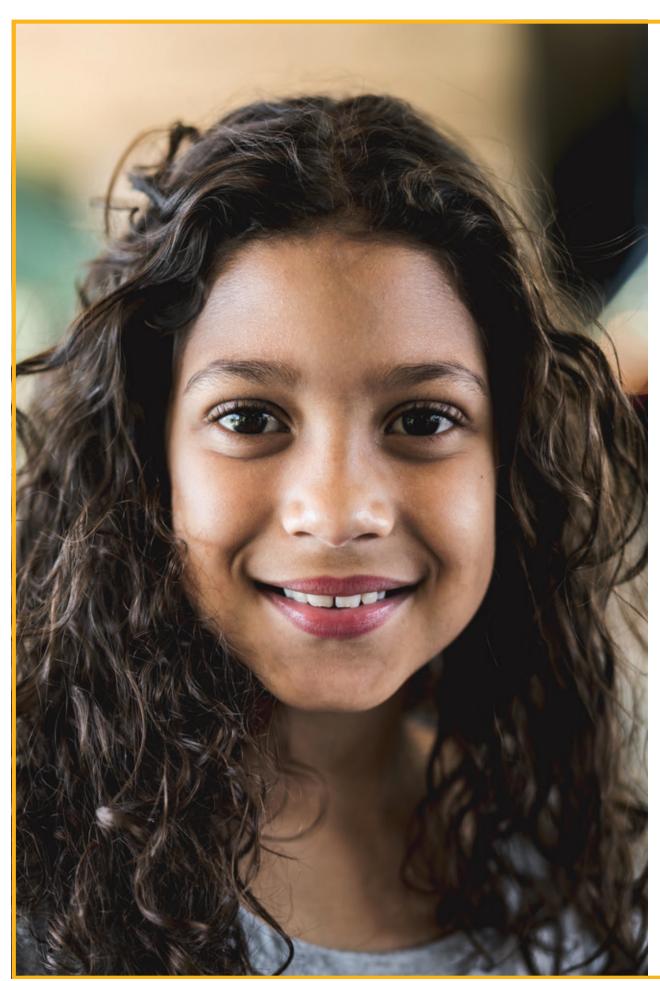
OMAYO Studios is an all-in-one lounge opening in Montauk, offering regular fitness, wellness, and beauty programming. Artist and traveler Molly Eldred and events expert Amanda Usher launch the space.

Naturopathica Spas will bring its signature botanical treatments to Topping Rose House in Bridgehampton. The brand opened its original Spa and Healing Arts Center in East Hampton in 1995, and this opening is part of its 30th Anniversary celebrations this season.

WAVE Wellness has opened its second location, WAVE Social Wellness, a 4,000-square-foot member-based facility in the heart of Southampton Village. The space is dedicated to innovative self-care and social-driven wellness experiences.

Nordic Strong, the Copenhagenborn fitness concept that offers functional training through a Nordic lens, is making its U.S. debut with an exclusive summer pop-up in Sag Harbor, followed by the opening of a permanent flagship studio in New York City's Flatiron District this fall.

Toni DeMauro and Michael Catalano, the duo behind some of the Hamptons' most exciting retail and experiential projects, are opening **The HUB** in Bridgehampton, which stands for Health, Unity, and Beauty. The vibrant mixed-use event space, luxury retail, and experience "hub" will host over 40+ elevated brands and curated activations throughout the season. The HUB will also bring Isaac Boots back to the Hamptons for his first residency since 2021.



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NoFo Live

With Sunita Narma & Tracy Kessler

By Jessica Mackin-Cipro

he "NOFO LIVE" podcast began as a passion project when Sunita Narma and Tracy Kessler were moving into new homes and embracing new chapters of their lives.

"We wanted to feel connected, not just to our physical spaces but to the incredible community around us," they told us. "The North Fork is full of stories, history, and fascinating people, and we realized there wasn't a space dedicated to capturing that energy in a real, unfiltered way. So, we decided to create that space ourselves."

"NOFO LIVE" aims to bring the community together and highlight the voices that make the North Fork of Long Island special. We spoke to Narma and Kessler about the podcast that celebrates all things North Fork.

What are a few memorable moments you've each had on the podcast?

Tracy: One of my favorite moments was actually off-air. Sunita and I went to the East End Food Market in Riverhead one weekend, and as we were walking around, we knew more than 50 percent of the vendors because they had all been guests on the show. Everyone was waving and calling us over, and excited to see us in person. We were able to hug, laugh, and connect in person with our fellow North Forkers, and it was a tangible example of what we've created here with "NOFO LIVE."

Sunita: I'm a people person through and through. I love making connections, getting to know my neighbors, and even accumulating new friends each Friday through "NOFO LIVE." In real life, I have so many lifelong friends, and while social media gets a bad rap, it's actually been an incredible tool for building friendships — after all, Tracy and I met through Instagram!

Some of the most memorable conversations have been with guests who took a leap of faith to start a new life on the North Fork. I'm constantly amazed by the diversity and ingenuity of the people here — how they found their way to this special place and what they're building in each new chapter of their lives. Whether it's a business rooted in family tradition, a lifelong dream finally coming to

life, or a bold career pivot, every story adds to the fabric of this community. Getting to share and celebrate these stories each week is what makes "NOFO LIVE" so special to me.

Because we go live every Friday, anything can happen — tech hiccups, unscripted jokes, heartfelt moments, or guests dropping wisdom that sticks with us. Those real, unfiltered moments keep each episode fresh and authentic. But the real reward is hearing how an episode helped a guest gain customers, grow their business, or feel more connected to the community — proof that "NOFO LIVE" is making an impact, and that's exactly why we show up every week. What truly stands out is the community response. When people say, "I never knew that about so-and-so," or "I felt so seen in that conversation," it reaffirms why we do this. "NOFO LIVE" isn't just about interviews — it's about bringing people together through stories, laughter, and real conversations that celebrate life on the North Fork.

What are your favorite spots on the North Fork?

Sunita: Nothing compares to the magic of a North Fork sunset. Every evening brings a new masterpiece — no two are ever the same. It's my favorite ritual, a moment of stillness to take it all in. In fact, I've given myself the very official title of "Professional Sunset Watcher" because, honestly, if there were a way to make a career out of it, I'd be all in! There's something about the way the sky transforms over the water that never gets old — it's a daily reminder of how special this place is. This ritual is also a reminder that the simplest things in life bring the most serenity. That peace, along with the joy of living by the water, has been a huge inspiration behind NOFO Style, the business I launched last year, creating handmade bags, beach cover-ups, and more to celebrate the effortless beauty of North Fork living.

Tracy: My happy place is out on the water with my daughter and family. Whether cruising on the boat, paddleboarding to watch the sunset, or simply soaking in the salt air from the sandy beach, there's nothing better than the freedom and peace that comes from being by the water. Living in a generational home just steps from Peconic Bay allows me to recall childhood memories of playing at that very beach and cherish the deep roots my ancestors established here on the North Fork.



The North Fork's beautiful bodies of water inspire reflection and gratitude in every moment spent here.

That love for the North Fork — whether it's on the water or under a painted sky — is exactly what makes "NOFO LIVE" such a passion project for us both. Every episode is a chance to learn more from each guest about their experiences and celebrate what makes this place so special.

What do you love most about the North Fork community?

What we love most about the North Fork community is its deep sense of connection. It's the kind of place where people genuinely care — whether it's rallying around a local business, celebrating each other's successes, or simply stopping to chat at the farmers' market. There's a mix of old and new here — lifelong locals and fresh faces — all adding their own energy and stories. "NOFO LIVE" thrives on that spirit, giving a platform to the voices that make this place special. The North Fork isn't just a destination; it's a community that welcomes

you in and makes you feel at home.

At the end of every Friday conversation, we actually ask guests this very question: "What do you love most about being a part of the North Fork community?" And every Friday, we are reminded of just how special this place is. The answers always come back to the same core themes: connection, support, and the warm welcome that makes the North Fork more than just a place to live — it makes it a place to belong.

What's next for the podcast?

The North Fork is full of incredible small businesses and community leaders, and in four years of "NOFO LIVE," we've barely scratched the surface. Aside from a select few who return to highlight major annual events — like CAST's Festival of Trees, Southold Winterfest, and the Mattituck Strawberry Festival — we've never had to repeat a guest. That just goes to show how many more stories are out there waiting to be shared. It feels like we'll never run out of amazing people to chat with, and that's what

keeps us excited to show up every Friday!

Outside of the podcast, we both have our own businesses that keep us busy. Sunita recently launched NOFO style in 2024, a brand that creates handmade products — bags, beach cover-ups, and more — designed to celebrate the simplicity and charm of North Fork living. Tracy owns TK New York, a national event production firm that recently celebrated its 20th anniversary. Most recently, she's directed her attention to her passion project, Kindness Grows Here, a campaign focused on promoting kindness, inclusivity, and equality. Even with these commitments, "NOFO LIVE" remains a priority, and we are dedicated to continuing to celebrate this incredible community for years to come.

One of our goals moving forward is to create more opportunities to connect with our audience in person. We host a vision board event in January to help set intentions and direction for the year, make it a point to be present at local happenings, and, of course, throw our annual "NOFO LIVE" celebration each May to mark the end of our season.



Kiss & Tell

By Heather Buchanan

The Horny Heiress

The horny heiress is every woman's worst nightmare. While she is splashed across the tabloids, she is also lurking as a figment of imagination in the corner of men's minds. Without worries about money or work, she dedicates herself daily to feminine perfection. Her fantasy apparition tends to appear when you've just come home from a long day at the office and plopped on the couch in exhaustion, kicking off your sensible shoes and saying to your guy, "Whoo, my feet stink."

Many relationships face challenges about sex and money, but the horny heiress has an unlimited abundance of both. For her, proposals are men down on one knee in front of the Lamborghini, not the thing she slaved over PowerPoint to present to a new business prospect. And worrying about her IRA is that sweet man who writes the musicals daddy loves so much.

Most women know that their libido is fed by

rest, calm, self-assurance, and a tremendously good hair day. At the end of work or taking care of children, they absolutely fantasize about going to bed, but literally going to bed, in clean sheets with fluffy pillows and maybe a glass of pinot grigio and corgis surfing videos. It's not that she wants to ignore her lover, it's that her erotic gas tank is running on fumes, or maybe on its last electric mile without a charger in sight.

The horny heiress also threatens because she does not have to worry about money. For the rest of us, financial anxiety can be the number one buzz kill. And within a couple, how money is earned, spent, saved, shared, or not shared can either be in harmonious agreement or as a rather large and resentful elephant in the room snuggling in between the sheets. I have known men who might not have been the richest but had such a generosity of spirit that I always felt taken care of.

And I have known men with money who find any woman who might need something to be a turn off, and sit and watch her suffer. Being cheap can translate into stinginess in every other aspect of a relationship. There are men, and women for that matter, who enjoy taking but the better part of valor, and a happy union is among those who truly take pleasure in giving. It is a glorious win/win.

Luckily, there are men who do not fantasize about the horny heiress but instead prefer a woman of substance and intelligence and confidence to purse her passion and work hard for it. She is the most interesting woman in the room and walks on her own two feet (and also probably has a dog that walks on its own four feet). Money is an energetic commodity to achieve mutual goals and dreams. Sex, really, really good sex, is enjoyed because of trust and caring and attention and imagination and communication about the time and place where both can be at their best.

I love being with a group of trusted women friends, and despite sharing some daring escapades, hearing that it is actually the long-standing married woman who not only had the most recent but the most satisfying sex.

(Yes, men, we do go into details.)

Perhaps it is women who are giving life to the horny heiress and feel substandard by their own comparison. As brutal as society can be, sometimes women reserve the harshest judgments for themselves. Maybe the trick is if, as women, we can make friends with the horny heiress. With all that time on her hands when she's not perfecting her Toosie Slide TikTok challenge, she could go to pick up the most delicious vegan take-out, and entertain the kids at the park playing with her Shih-Poo, and help you master "smokey eyes for over 45."

Because at the end of the day the horny heiress might toss off her Louboutin stilettos, grab a glass Chateau Lafite Rothschild, and sit beside you on the couch, nodding in agreement, "Corgi surfing videos."

Heather Buchanan is an award-winning writer with the accolades of "best column" and "best humor column" from both the National Association of Newspaper Columnists and the Press Club of Long Island.

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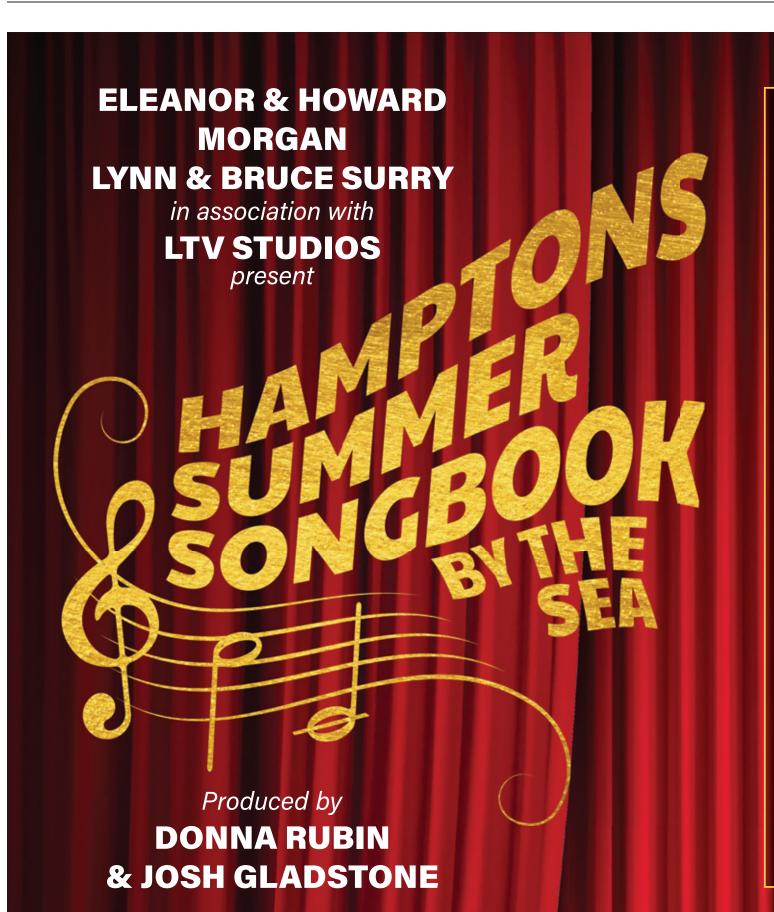
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STEVE ROSS, KAREN MURPHY & MARIA ABOUS

SAT, AUG 16

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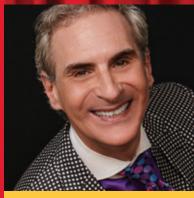
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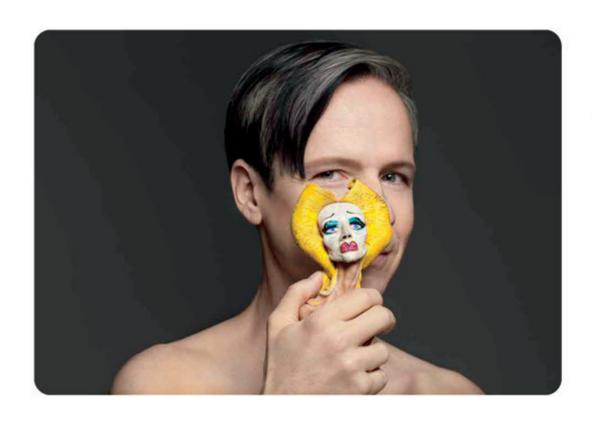


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Visit GuildHall.org/Programs for the full schedule.

John Cameron Mitchell. Photo: Matthew Placek; ALOK. Photo: Frances Carter



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