

# SAG HARBOR

*Neighbors*



JULY 2021



*Agoglia and Fleming*  
IN NOYACK  
THEY LOVE



# GOAB Takes the Show on the Road!

By Stacy Dermont



Puppeteer Liz Joyce and her friend Sprout. Photo by Lindsay Morris for GOAB



Check out this new, traveling theater! Photo Courtesy GOAB

“Though we will always love performing for our many Sag Harbor neighbors—as we celebrate our 20th year—our goal is to bring puppetry to under-served and under-represented communities on Long Island,” says Goat on a Boat (GOAB) Founder and Artistic Director Liz Joyce.

“Goat on a Boat is planning to hit the road in our new Puppet Truck!,” says Joyce. Her enthusiasm is infectious. “We’re excited about our new direction as we view it as the beginning of a far greater opportunity to serve and collaborate with a socioeconomically and geographically diverse audience,” she continues.

The Goat on a Boat Puppet Truck Meet Our Neighbors program was inspired by the Bookmobile. The Puppet Truck is a mobile theater with the flexibility to visit communities in a wide range of outdoor, public locations—such as parks and playgrounds—to offer uplifting and educational theatrical experiences for children and their families.

Through subsidized private shows on the South Fork, grants, foundation support, and business sponsors, GOAB will perform 20 free puppet shows later in 2021, in neighborhoods and communities that are often overlooked. These will be shows that are part of GOAB’s established repertoire of classic fairy tales; hand puppet and marionette shows; and a variety of original works.

Fundraising for the work of the Puppet Truck began on June 26 at a “Sip and Shop” event held by Sage & Madison Boutique on Sag Harbor’s Sage Street. Owner Chris Coffee donated a percentage of sales to GOAB. “We were delighted that our patrons helped to launch this new, colorful program for GOAB,” Coffee says. A former ballet dancer, Coffee continues, “I can’t wait to see what Liz does with her new, traveling theater!”

“We believe that exposure to the arts, especially puppetry arts, inspires creativity, imagination and adds to the quality of peoples’ lives across all ages and backgrounds,” asserts Joyce. “And we’re

excited to share these performances with families who rarely have the opportunity to experience live theater,” she continues.

In addition to serving as Founder and Artistic Director of the nonprofit Goat on a Boat Puppet Theatre, Joyce creates original puppet shows for family audiences with her one-woman puppet company A Couple of Puppets. She serves on the Puppeteers of America’s Board of Trustees, and on The Puppetry Guild of Greater New York’s board. Joyce has been awarded grants from the Jim Henson Foundation, the Puppeteers of America’s Endowment Fund, the Huntington Arts Council, and the Southampton Cultural Department. Joyce received a UNIMA (Union Internationale de la Marionnette) Citation for her staging of the puppet operetta *Sing a Song of Sixpence*.

Find more info on [goatonaboat.org](http://goatonaboat.org).

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## SAG HARBOR Neighbors

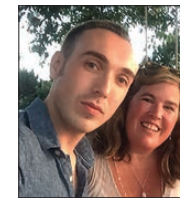
### PUBLICATION TEAM

PUBLISHER: **Arthur R. Williams**  
 CONTENT COORDINATOR: **Stacy Dermont**  
 DESIGNER: **Cheryl Fishman**  
 CONTRIBUTING PHOTOGRAPHERS:

**Julie Froehlich and John Davenport** with **Fishtail Media Studios**



Art Williams  
Publisher



John Davenport &  
Julie Froehlich  
Contributing Photographers

### ADVERTISING

CONTACT: **Arthur R. Williams**  
 EMAIL: [arthurwilliams@bestversionmedia.com](mailto:arthurwilliams@bestversionmedia.com)  
 PHONE: **631-236-7812**

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CONTENT DUE	EDITION DATE
December 10.....	January
January 10.....	February
February 10.....	March
March 10.....	April
April 10.....	May
May 10.....	June
June 1.....	July
July 10.....	August
August 10.....	September
September 10.....	October
October 10.....	November
November 10.....	December

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Stacy Dermont  
Content Coordinator  
Photo by  
Barbara Lassen

July is red-white-and-blue and all things true. In a word: American. Who better to embody that than our locally based county legislator Bridget Fleming and her beautiful family? Bridget opens up about what fuels her love for the East End in our cover story.

We celebrate this month by welcoming a new contributor, sharing some hot neighborhood news, and enjoying some updates from our regular columnists and contributors. Plus—we get to celebrate together at all kinds of outdoor gatherings—see our Calendar of Events for a few suggested outings.

Children’s book author Billy Baldwin tells us what inspires him to write as he does—imaginatively and colorfully. (Rest assured, I’ll ask him to write more about his triumph over dyslexia for a future edition.)

Sag Harbor’s Greatest Living Puppeteer, Liz Joyce, is taking her show on the road! Puppets + truck = fun for everyone!

Our View from the Garden columnist Jeanelle Myers reminds us to water the gardener—as well as the garden. Timely advice. And there’s more of that from Kate Plumb in her Off the Plumb Tree astrology column. July is a busy time in the skies and here on the ground.

As always, life in Sag Harbor can only be made sweeter by a reflective poem from Terry Sullivan.

I share another summer dessert recipe from my bestselling cookbook and guide to the East End, *The Hamptons Kitchen* (Norton): Red Berry Pudding in Mason Jars. Mason jars make everything more fun—especially the pretty blue jars. (For my fellow kitchenalia geeks out there—yes, that’s an antique sterling silver canning jar lid in the photo!)

And then there’s you. You know you have something to share. What’s holding you back? Not a thing. Email me your news, views, whatever you choose—I’m interested!

*Stacy*

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## THE VIEW FROM THE GARDEN

# Summertime...and the Livin' Is Weedy

By Jeanelle Myers

Just like us, the garden slows down in the heat. The vivacious and exuberant quality of spring gives way to "slower but steady." Be sure to give the garden enough, but not too much, water. Timing and amount of water from irrigation systems might need to be changed. Check the moisture in the soil regularly. If you water by hand, it might be necessary to check daily.

Avoid overhead watering. It can cause fungus and physical damage to plants. Drip irrigation is best and you can set up a system yourself with materials from the hardware store. It takes some time and "figuring," but it's the best way to water.

Keeping pots and other containers watered appropriately requires diligent observation. Avoid overwatering here also. The amount needed will be related to the types of plants in the containers. Find out what the requirements of the specific plants you have are, i.e. succulents need less water than geraniums.

It's always time to plant a new pot. Maybe try something different, a plant that you aren't familiar with. This is a good way to learn about it. Hanging baskets may need daily, or even twice-daily, watering. The baskets are planted densely when you buy them and over time may develop such a large root system that it's unable to absorb enough water to last the day. At some point, the basket might just need to be replaced.

Regular deadheading is always necessary but, in the summer, will really help keep flowers in bloom. If you don't deadhead annuals, they will go to seed, drop the seed, and die. Perennials will stop blooming when they have completed their cycle, but deadheading keeps them looking fresh.

Deadhead your roses. If you don't, they will look "ratty." Each type of rose requires its own type of deadheading, but if you don't know what your type is, just remove the finished blooms. Keep the interior of the bush open to help control fungus. If your roses do get black spot, check out the various ways to treat it. This will require some research, and maybe some trial and error.

Weed, Weed, Weed! If weeds are allowed to go to seed, you will have them for several years, or more.

As plants mature, some will need staking. Bamboo poles are available at garden centers and they work well.

You can add plants to the garden in the heat, but keep them well watered. Be sure to plant according to the label. No shade plants in sun!



Bring it on, but in drips. Photo by Fishtail Media Studios

This might be the time to set up a water feature in your garden. I have a small pond with gold fish that greet me every morning, asking for food. What a great way to start my day!

Don't forget the birds! A birdbath offers water for them and pleasure for people. Watching birds take a bath is a real summer treat.

And don't forget to water yourself. Take a break and a drink, hopefully in shade!

Jeanelle Myers is a professional gardener and artist who lives, and gardens, in the Eastville neighborhood of Sag Harbor.

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# Agoglia and Fleming IN NOYACK THEY LOVE

By Stacy Dermont



Jai, Bridget and Bob in one of their favorite settings. Photo by Fishtail Media Studios

Many readers will recognize Suffolk County Legislator Bridget Fleming on our cover.

She's flanked by her husband Bob Agoglia and their son, Jai Fleming Agoglia, who is 18. The family lives in the Pineneck neighborhood.

"Bob and I met at a yoga class in the city," Bridget says. "The classroom was actually called 'Heaven,' so I guess you could say we have a match made in heaven!" she laughs. "We got married in Miller Place 20 years ago."

Speaking of heavenly spots, "We live in Noyac and love it," Bridget says. "I believe the Noyac Bay is one of the most beautiful places in the world, and I hope we never forget how blessed we are to live here—we often talk about how lucky we are to be in such a beautiful place. We've been here for 20 years."

"Jai learned to swim in the little cove off of Circle Beach and Bob used to keep a boat at Hidden Cove," Bridget remembers fondly. "I can't tell you how many beautiful sunset walks we've had around Mill Creek, how much time we've spent at Circle Beach, or how many bike rides we've each taken up to Cromer's Market!"

Reflecting on the sense of community, "we've been particularly close to our next-door neighbors who appreciate the quiet and the beauty of our neighborhood off-season as much as we do," says Bridget. "Pineneck is one of those neighborhoods that's flooded with people in the summertime, which makes those of us who are here year-round feel really close to each other."

And that's exactly what led Bridget to a successful career in politics. "The first involvement I had with government here was joining the Noyac Citizens Advisory Committee when Jai was a baby, and I've been involved in community work ever since," she says. "I just feel that we each have a responsibility to help our community be the best that it can be. That's why I'm so proud of the things I've been able to do to keep our area beautiful, from improving water quality, to traffic calming—like at Cromer's—and getting rid of those horrible steel guardrails at Long Beach."

No longer a baby, Jai participated in Youth Court and Best Buddies at school. "He plays attack on the South Fork Varsity lacrosse team, and played on a travel lacrosse team for a number of years," says his proud mom. "His girlfriend Riley Palmer is like part of

our family. Jai is off to Tulane University next year, where he'll attend the Freeman School of Business."

You probably noted the English Springer Spaniel on our cover. That's Dune, a beloved family member. "We joke that she's the only easy-going person in the family," asserts Bridget. "We go on long walks together and she loves to swim—I think she wins me votes because everybody loves her so much!"

"We all love the beach, especially beach barbeques, and I love to stand up paddle board," says Bridget. "Jai worked as a beach attendant at Sagg Main Beach and that's our favorite spot for barbeques." She continues, "Bob and I are hikers. On our second date, we went up to Bear Mountain hiking, and we love the trails all around the East End."

Bridget, who often wears her hair up in a neat bun, attended the Academy of the Washington Ballet as a teen. It was a feeder school to the Washington Ballet School in Washington DC. She danced with the company after she graduated from the Academy. So she started college in her mid-twenties. Bridget went to Hunter College, and then law school at the University of Virginia School of Law.

"When I was taking the Amtrak home during winter break of my first year at law school, I was seated across from a dignified older man who was also travelling alone," she says. "We talked for over an hour about all sorts of things regarding law. I didn't recognize him. At one point I said that it seemed like he was a lawyer and asked him where he practiced," she laughs. Turned out it was Robert Morgenthau, the legendary Manhattan District Attorney. At the end of that first conversation, Morgenthau invited Bridget to work for the office. She spent almost 10 years as an Assistant DA, prosecuting street crime and sexual assault, and eventually becoming Chief of a Unit that prosecuted fraud in public programs.

Bridget's husband Bob grew up in Sayville and Mineola, and is a Project Manager with Oak Construction.

"I'm the seventh of eight children," Bridget shares, "so when our whole family gets together there are more than 30 of us," she continues. "It's kind of a madhouse, but we have fun. Jai's grandmother wrote him this valentine poem:

*Jai is the oldest of the youngest cousins.*

*The older dozen,*

*(Post-college and in professions)*

*When a game is in session*

*Are not sure if with them he belongs.*

*He can prove them wrong*

*With a stick or a ball...er*

*He'll just grow tall-er.*

*But there's Janna and even Connor*

*Who will wanna*

*Play*

*Poor Jai*

*Pulled every which way.*

*When this large and boisterous clan*

*Gathers for a special fest*

*Would he rather be the young-est of the old-est*

*Or the old-est of the young-est?*

*Love you littler or large, Valentine.*

This poem underscores what the Fleming-Agoglia family motto is: "Be a team. Take care of one another."

When the family does take a vacation from their beautiful home, "we like to visit cities," Bridget says. "We loved Dublin and Wexford—where my family is from—but also Miami, Los Angeles, Seattle." "We also love to travel to see nature," Bob adds. "We took a great trip to New Hampshire and had a blast flying through the trees at a zip line park."

To their "extended family" of Sag Harbor, Bridget and Bob write: "We're all in this together. We've been through some tough times, but we'll get through it because we care for one another."

"Hyper local news coverage is more important than ever in a world that seems to push us toward division and highly charged disagreements," Bridget adds. "The advertisers who support local journalism make it possible for magazines and newspapers to keep reminding us of what makes us a community."

Longtime Sag Harborite Stacy Dermont is co-author, with Hillary Davis, of the best-selling cookbook and guide, *The Hamptons Kitchen (Norton)*.

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CRAFT CIRCLE CHRONICLES

# Re-Introducing *(Productive)* Leisure Time

By Stacy Dermont

Has it been five years? Ten?

I'm not clear when our Sunday Craft Circle started. But (I think) I remember that it kicked off with our Holy of Holies, "Cookie Day."

That's a day in December—given its miraculous nature it does not need to be a Sunday—when our craft circle members, and invited guests, gather at Jeanelle's house to bake more holiday cookies than anyone wants to eat. You know, mostly decorated sugar cookies, the kind of fancy cookies you wouldn't bother making by yourself.

I was unfamiliar with the concept. We had "cookie exchanges" where I grew up in Western New York—women would make their specialty cookies and then trade their neighbors for some of theirs. This required visiting and gossiping.

Jeanelle had been participating in Cookie Day in New York for 30 years. It started when she lived there. She was young and living on her own and missed making holiday cookies. Now she wanted to share the Cookie Day love with her East End friends.

I thought it sounded weird, but I like Jeanelle a lot and figured it'd be fun to spend time with her, even if it involved some forced baking.

- She laid out the rules:
- Bring a batch of cookie dough of your choice.
  - Bring any cookies cutters you like.
  - Bring anything else you'd like to add to the mix.
  - Don't bring alcohol.

There may be other rules, but Cookie Day only happens once a year, so who can remember?

The first Sag Harbor Cookie Day was a blast. I think it was just me, Jeanelle, and her neighbor Ann.

Jeanelle revealed her deep commitment to Cookie Day with the language I understand best—kitchenalia. She employs a huge rolling pin made from a maple tree felled back home in Nebraska. Jeanelle also maintains, and happily shares, a vast array of cookie cutters. We always seem to focus on bears, bells, birds, Christmas trees, cows, fish, flowers, gingerbread men and women, moons, pigs, Santas, snow flakes, snow globes, and stars.



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A sweet touch of "Christmas in July" for ya. Photo by S. Dermont

Different shades of egg paint are displayed in a group of Jeanelle's egg cups.

Every Cookie Day has been a blast. Regular attendees now also include Bunnii, Deborah, Kate, Linda, Laura, and Meridith.

Every year we talk about adding a second Cookie Day, but it's tough to schedule so much specialness. Now we might consider a Summer Cookie Day. In any case, we developed Sunday Craft Circle in order to spend more time together between Cookie Days.

Our craft circle only met a couple of times in 2020, out on Jeanelle's patio. We're starting to get back to our regular plan: at some point in the week, I suddenly remember to ask Jeanelle if she'd like to craft circle on Sunday. If she says "yes," I email everyone who pops up when I type in a couple of their names.

I'll tell you more about our craft circling adventures, if you like. There might be rules to Sunday Craft Circle, but who can be bothered with those?

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AT HOME WITH JULIA

# Conjuring Memories of My Sag Harbor

By Julia Schiavoni



When I started kindergarten I asked my mom if we were famous. It was the only rational explanation I could come up with in my 5-year-old brain. Why else would every teacher say, "Oh, we've got another Schiavoni" or "Well, who is your dad? Mom? Aunts and Uncles?"

My mother, who was raised in Nassau County, explained to me that no, we were not famous at all. And in fact, she had never even heard of a Schiavoni until her family moved from their home in Valley Stream and made their way out east.

That was when I first started to learn about Sag Harbor and my family's history in the town. Over the years I grew to learn more about this once sleepy, scenic town. The draw of Sag Harbor is borderline magnetic at times. The walk on Main Street all the way from Mash Park to Windmill Beach feels like it could be something out of a novel. Sag Harbor downtown especially has an energy to it, and growing up here builds a strong connection to it. Especially for the true locals whose families have spent decades here. We know who we are, and to us Sag Harbor brings more meaning to the word "home."

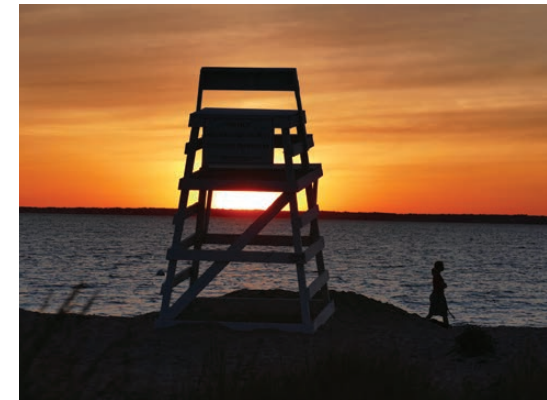
Earlier this year my co-worker, friend, and fellow David Bowie enthusiast, Stacy, asked if I would be interested in writing for Sag Harbor Neighbors magazine. Writing has always been something I enjoyed so I was quite happy to have writing prompts. Writing each article has allowed me to re-experience the town that I grew up in, in a new light. I've always seen the beauty and hidden gems that our town offered but now I had an opportunity to tell people about them.

While I'm incredibly happy to share what I love about this town, there's a slight bittersweet note to it. Sag Harbor has changed. And whether you think the changes are good or bad, there's no denying that this scenic town has felt like a new place in the last three years

alone. Having worked every summer since I was able to get my working papers, the Hamptons elite are no new beast to me. Any person who has worked in the service industry knows, there's a certain dance that can make the interactions with high-end patrons easy and painless for both parties involved. There's also a lesser-known dance that's done when you're the patron. It helps make the life of whoever is serving you much easier. It seems to me that a lot of people have forgotten that dance entirely. People demand and want, and give none of the common courtesies that most people deserve as humans.

This summer I decided that I was going to take the time off I've been craving. Take some time and see this beautiful country while I can. Many feelings accompany the decision but the one I cannot seem to shake is sadness. While Sag Harbor will always be a home to me, there's a weird finality in this particular leaving. Maybe it's because my hometown has already become a place that's nearly unrecognizable to me, or maybe it's because I know that it will never be the way it was.

As I set off on my trip all I can do is remember the place I grew up and say goodbye to the town I love. Take care of it and the people who keep it running.



You'll always love your home patch. Photo by Fishtail Media Studios

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# So You've Acquired Significant Wealth – Now You Want to Protect It

Article provided by Robert Cleary, Senior Vice President/Investments, with Stifel, Nicolaus & Company, Incorporated



Many of my clients have shared some inspirational stories of how they've come to amass their wealth. It takes more than just financial insight, with personality characteristics that are closer to those of true leaders – determination, resolve, daily hard work, an entrepreneurial attitude, and a relentless drive to excel. Many have also taken calculated career or business risks that have yielded great returns.

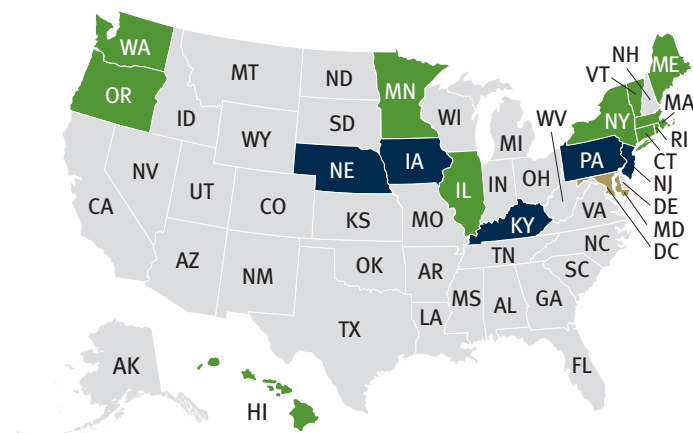
Managing that wealth, however, is a little different than acquiring it. If you have significant assets, you'll likely face unique and complex challenges regarding your wealth and your legacy, such as coping with higher taxes, dealing with a larger investment portfolio, managing multiple properties, and/or keeping track of your philanthropic activities. Dealing with heirs and family dynamics can also present challenges.

You have worked hard to build your wealth. Be sure to mitigate risks to it with these considerations:

### Taking hold of your tax situation

Wealthy individuals can face a substantial tax burden, particularly when it comes to estate taxes. The 40% federal estate tax kicks in at \$11.7 million, but as recently as 2017, the estate tax exemption was only \$5.49 million. Investors must be prepared should it be revised downward in the future. It's also important to consider the impact of state taxes.

### 2021 State Estate & Inheritance Taxes



■ State Estate Tax Imposed  
 ■ State Inheritance Tax Imposed  
 ■ State Estate & Inheritance Tax Imposed

Currently, twelve states and the District of Columbia have an estate tax. Six states impose an inheritance tax on those who inherit property or money. If you live in any of these states, your heirs could be faced with an even bigger tax bill. Your tax, estate, and financial advisors can help you better understand your family's potential tax ramifications so that you can plan accordingly.

### Updating your estate plan

Most estate planning professionals will recommend that you have your plan reviewed every three to five years or upon a significant life event. Your family situation can change substantially through the years due to births, deaths, marriages, and divorces. Or perhaps you'll experience changes in your business or career. Tax laws and other laws are constantly shifting at the federal and state level. Periodically reviewing your plan will help to ensure it still reflects your needs and your goals. Neglecting this important aspect can result in unintended consequences down the line.

### Establishing a trust

A revocable living trust can help ensure that your plans are carried out according to your wishes and bypass probate. An irrevocable trust may help facilitate estate tax planning or help protect assets from creditors. When creating a trust, you must name a trustee. The role of trustee is important, as the trustee manages and controls the assets in the trust. When creating a revocable trust, you can name yourself as trustee. You should also name a successor trustee, who may be an individual or entity to step in when you are no longer able to serve.

### Leveraging other tax-advantaged strategies

We can work with your other professional advisors who can explore life insurance options and/or an irrevocable life insurance trust (ILIT) to help with estate taxes and to generate a tax-free death benefit. An ILIT allows you to own a life insurance policy outside of your estate so that it does not compound a potential estate tax problem. It may also provide a mechanism through which you can protect your insurance benefits from a beneficiary's creditors.

With your permission, I will work with your legal, tax, and other trusted advisors to review and implement personalized wealth protection strategies. You've worked hard to accumulate your wealth. Let's develop a strategy together that is designed to preserve it!

Stifel does not provide legal or tax advice. We encourage you to consult with your legal and tax advisors regarding your particular situation.

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# Cherry Petals in Rain

By Terry Sullivan; Photo by T. Sullivan

*This rain will not relent  
its tyranny remains  
torrential on my roof sheet drumming  
driving newly fallen  
cherry petals  
into mud.  
Yesterday they fell titmouse lightly  
in a sunny breeze  
they are now pink  
toad skin  
on stone.*

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In Sag Harbor, home is where... the ticks are!

Are you aware that approximately 70% of people who contract Lyme Disease each year are bitten by ticks in their own yard? And that cases of tick-borne illnesses such as Lyme Disease, Ehrlichiosis, Babesiosis, Rocky Mountain Spotted Fever and Anaplasmosis have more than doubled in the last 15 years? Who knows just how many dangerous, disease-carrying ticks are hiding in tall grass in your yard? Especially this summer, when scientists are predicting the worst tick season in many years. Tick disease is the last thing you need right now. How can you protect yourself and your family? Call us now. For more than 20 years, we have provided the most effective, environmentally-responsible year-round tick prevention program possible. So don't take a chance with your family's safety, call for a free, no-obligation estimate.

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OFF THE PLUMB TREE

# Do You Operate from Fear or Faith?

By Kate Plumb



As we ended our June exploration, so we begin looking at the planetary journey in July. As of this writing, we're a day ahead of the Annular Solar Eclipse at 20 degrees of Gemini. For all of us, this was a wakeup call to smell the roses in the Gemini area of your life. Gemini is concerned with our thoughts, what's in our heads and what we're broadcasting to others. This solar eclipse new beginning gave us an

opportunity to master our extraneous thought patterns and self-talk and learn to focus only on what outcomes we desire.

In the sky, at a Solar Eclipse, the Moon and Earth in their respective orbits, line up with the Sun. This alignment is called a Solar Eclipse as most of the Sun's light is blocked from getting to Earth by the Moon. This extra strong force field, if you will, enables the universe to interfere in earthly matters, especially for those whose planets and/or significant angles are in Gemini. Those persons will notice another way forward, not seen before as represented by the Moon's shadow covering much of the Sun. The Sun's light can be blinding, and, when covered, something that was hidden before magically appears. This new beginning is important for July as well. Eclipses have a six-month forward rippling effect.

As the month begins, Mercury is still in Gemini until the 12th, when he leaves Gemini and moves into the next sign, Cancer. This passage of Mercury in Gemini was unusually long, since May 10th, in fact. This extra-long Mercury-in-Gemini cycle, coupled with the Solar Eclipse in Gemini, gave us more of a chance to get out of a monkey mind self-limiting thinking pattern. The retrograde allowed us to go back and forth over the same area in our lives to really get our thoughts aligned with our purpose, and lessen the distraction so readily available in this current life.

Then, as Mercury picks up speed, he changes into Cancer on the 12th and races through Cancer entering Leo on the 29th. Whatever new thinking patterns the long passage in Gemini have birthed, the fruits will be felt throughout the month. In Cancer our feelings are aroused and in Leo our creative pursuits benefit. Knowing your rising sign will help you align with the specific areas of your life the passages of Mercury are waking up.



Can you smell them? Yes, you can. Photo by Fishtail Media Studios

But Mercury is not the only actor in the sky in July. There's an annual, regular old new moon in Cancer on the 10th. This lunation, unlike the eclipse, has only a month-long effect, but it's a new beginning, nonetheless. The new beginning will be in the department of life where you like to nurture, protect, and where you are likely to foster a sense of safety for yourself and your family. If you have Cancer ruling your second house of income, for instance, then that's where you will be inspired to initiate a new revenue stream. We all have Cancer someplace in our charts, the sign Cancer governs one aspect of our lives and, at this New Moon, that area gets energized.

The most difficult time of the month was probably right in the beginning with Mars in Leo (where Mercury will be on the 29th) as it formed an opposition to Saturn. This aspect came to exactness on the 1st. Mars is energy and will, and Saturn blocks. This aspect often leads to unpleasant confrontations. And, as we're still in the orb of Mercury in Gemini squaring the planet of deception and imagination, this confrontation might have been based on somebody's overactive imagination.

In fact, that aspect of "overactive imagination syndrome" is in effect until the 11th. Use it to open your higher conscious mind and conduct your everyday affairs from that place instead of the fear place. Faith and fear cannot be held in the same place at the same time. Gemini is about making choices. Where do you operate from, fear or faith?

I do consultations—visit my website—[kateplumbastrology.com](http://kateplumbastrology.com), or email: [kateplumb23@gmail.com](mailto:kateplumb23@gmail.com).

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# Exploring Adventures in Reading and Writing

By Billy Baldwin



Photo Courtesy of Billy Baldwin

Like a lot of folks living out on the East End of Long Island, I enjoy hunting for treasured beach glass along our shores. One afternoon, years ago, I found a most unusual piece of glass—the top of a faded blue bottle—at Napeague Beach. I wondered what far off place this glass may have come from. What stories did the bottle it was once part of have to tell?

My imagination ignited, I envisioned sand fairies and iridescent castles, evil bottle wizards and otherworldly beasts all living in some far-off, magical universe. I conceived of an unwitting hero, little

Jen, who would embark on a journey to overcome her fears, discover her strengths, and ultimately find her way home. Soon enough these musings became the foundations for my middle-grade chapter book, *Story Glass*.

I truly love creating fictional worlds and then building story structure around them. As someone with Dyslexia I'm often asked why I would choose to write books when words can pose such a challenge for me.

My passion to bring to life what I see so clearly in my mind is far more rewarding for me than any struggles I have with reading and writing. Constructing words and images into stories that transport kids to surprising and unusual places, communicate positive messages of empowerment and confidence AND are super fun is my life's work.

*Story Glass* is the fourth children's book I've published, and it has

received a good deal of critical success—Winner of the National Indie Excellence Award for Best Picture Book and Best Children's Book in 2020.

Since writing *Story Glass*, I've published two additional books. *That's Al* is about a character who looks at the world very differently than his parents and the local town folk do. He feels anything mechanical needs modification, that hiking trails need detours and the laws of gravity must be tested. A good dose of imagination fuels most of Al's thinking.

My most recent book, *The Boy, the Mermaid, and the Storm*, was published last year. This book is a modern-day fairytale about the battles we face through life's storms, created to speak to adults and children alike so they may discover the courage and inner strength we all possess to persevere through even the mightiest of battles.

I currently have several new books in the works: *Orbits Monster Nebula* and *The Cookie Island Adventure Cookbook*.

This summer I've joined forces with Hamptons Learning Cottage, a wonderful new place in Southampton, that offers all kinds of classes for kids—from music to science and the arts. Together we have created The Billy Baldwin Book Club where we will take kids on fun and creative adventures through books written by local authors.

Surf over to [billybaldwinstories.com](http://billybaldwinstories.com) for summer reading, and let me know if I can be of any help with your next adventure!



Billy Baldwin's fourth book for children began on a local beach. Image Courtesy of Billy Baldwin

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# Join Us for a Furry Weekend!

By Jamie Berger; Photos courtesy of Arf

While renovations are underway at the ARF adoption center in East Hampton, you can enjoy in-person adoption on Fridays, Saturdays, and Sundays 11am–4pm at the ARF Thrift & Treasure Shop at 17 Poxabogue Lane in Sagaponack.

## Look who you might meet there:

**NIKKI** is a young mama cat who was found in East Hampton and brought to ARF through our Operation Cat Program. Nikki was far too sweet and friendly for us to assume she never lived in a home. While she has found a temporary home at the adoption center, she needs a family to love, and a lap to snuggle in. Come meet Nikki this weekend and give her a cuddle!



**NIKKI**



**CJ**

If a picture is worth a thousand words, this photo is priceless, and says it all!

**CJ** is a happy-go-lucky, energetic seven-month-old puppy who's always ready for an adventure. His goofy personality and adorable smile are infectious, making it hard not to fall in love with him. CJ would love nothing more than to run and play in a yard all day long. Bringing this silly boy into your life would surely bring happiness, laughter, and a whole lot of love!



For more information, visit arfhampsons.com. Adoption applications can be found online at arfhampsons.org, on each animal's webpage, under View Our Pets.

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# Ask Dr. Joan

By Dr. Joan D. Atwood



## THAT MIDLIFE "PAUSE"

Dear Dr. Joan,

*I've been married for over 30 years. Like everyone else, we've had our problems, but basically, we have a good marriage. Since menopause, I've not had any interest in intercourse. However, my husband is very interested. I cringe whenever he gives me "that look." Is there anything I can do?*

Glenda R.

Dear Glenda R.,

You're not alone.

Many women report that, after menopause, they just aren't that interested in intercourse.

Despite what the media and prescription drug commercials imply, women frequently report that intercourse in their later years isn't as pleasurable as it once was. Half of women in their 50s continue having intercourse, but by their 70s only 27 percent of women do so.

Menopause is a normal condition that all women experience as they age. Estrogen decreases—this can have a huge impact on physical function. It can lower desire, making it more difficult to become aroused. More than a third of women who are in perimenopause, or are postmenopausal, report having physical difficulties.

Not all women experience these symptoms and for some women these symptoms are transient and barely noticeable.

Some postmenopausal women say they have an improved libido. This may be due to less anxiety linked to a fear of pregnancy. Also, many postmenopausal women have fewer child-rearing responsibilities, allowing them to relax and enjoy intimacy with their partners.

### There are several medical treatments options that can help:

- The most common treatment for menopausal symptoms is HRT (Hormonal Replacement Therapy). HRT medications include estrogen and progesterone.
- Testosterone Treatment is sometimes recommended in cases where there seems to be significant problems in sexual function. In these cases, testosterone can be administered through creams, gels, or pellets.
- Vaginal moisturizers can also be used on a regular basis to maintain moisture.
- An oral drug taken once a day, such as ospemifene, makes vaginal tissue thicker and less fragile, resulting in less pain for women during intercourse.

It's important to speak with your doctor about possible side effects.

### Maintaining Psychological and Physical Intimacy:

About a third of long-term couples don't have intercourse, or have intercourse only occasionally. But they don't necessarily consider that a problem. Also, it doesn't mean that they aren't being intimate—whether they're having intercourse with the help of lubricants, vaginal moisturizers, or prescription drugs; or choosing other ways of staying connected.

Many report that they do other intimate things that are enjoyable like cuddling, sharing a bed, and laughing together. Communication is key. Communication can help in setting realistic expectations about what you can do, and want to do to achieve intimacy. Always communicate with your partner telling him/her what's comfortable and what's not.

If your libido has dropped but you're satisfied with your relationship, you should still make time for intimacy. You can show your partner love and affection without having intercourse. Enjoy your time together: take walks, eat dinner by candlelight, or give each other back rubs.

If your relationship is good and you feel you don't need counseling, living an overall healthy life—having good energy, getting enough sleep, being physically active and eating well—will go a long way toward helping you to focus on, and feel good about, being intimate and sexual.

Dr. Joan

Dr. Joan D. Atwood is a Social Psychologist and a licensed Marriage and Family Therapist.

If you have a question for Dr. Joan, email it to arthurwilliams@bestversionmedia.com.

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 website: www.hamptonsexclusive.net



# Try a Pretty Summer Pudding

By Stacy Dermont

## Red Berry Pudding in Mason Jars

Makes 8 puddings

This type of corn pudding is considered an English dessert. Dairy cows were unknown in North America before Europeans arrived, after all. Corn pudding was widely consumed by Native Americans and by colonists. Long Island corn pudding is called “samp.”

Because refrigeration zaps flavor and dries out delicate produce, buy freshly picked berries and use them quickly to avoid refrigeration whenever possible. The best fruit and vegetables still hold a touch of sun heat when you start to cook with them. Rinse and dry fresh berries just before you use them.

If you have sweet cherries in your local farmers’ market, feel free to use them in place of some, or all, of the red berries.

### FOR THE PUDDING:

- ½ cup fine cornmeal
- 3 cups whole milk
- 2 cups heavy cream
- ½ cup sugar
- 1 pint red raspberries
- 1 pint strawberries

### FOR THE SYRUP (optional):

- 1 tablespoon red wine
- ¼ cup confectioners’ sugar

- Stir the cornmeal into 1 cup of the milk and set the mixture aside.
- Stir together the cream, 2 cups of the milk, and the sugar in a medium saucepan. Bring the cream mixture just to a boil. Add the cornmeal mixture to the saucepan and whisk to



Spoon up some summery goodness at home, or out in the sunshine! Photo by Barbara Lassen for Countryman Press

combine. Whisking continuously, cook just below boiling until the pudding has thickened and the cornmeal has softened, about 10 minutes.

- Using a canning funnel, fill eight half-pint Mason jars a bit more than half full with pudding. Allow the pudding to cool to room temperature. Then cover the jars and refrigerate to chill for at least 30 minutes.
- When ready to serve, or to pack for a picnic, hull the strawberries and slice the larger berries. Place all the berries together in a medium mixing bowl.
- For the syrup, if using, drizzle the berries with the red wine, sprinkle with the confectioners’ sugar, and stir gently.
- Use a slotted spoon to cover the puddings with berries. Serve with small spoons for dipping into the jars.

**STACY’S PAIRING:** Savor a glass of your favorite Cabernet Franc or port after enjoying a jar (or two) of this pudding. Bordo Antico, a Cabernet Franc from North Fork winemaker Anthony Nappa, also works very well with this rich treat.

Excerpted from *The Hamptons Kitchen: Seasonal Recipes Pairing Land and Sea*. Copyright © 2020 Hillary Davis & Stacy Dermont. Photography © 2020 Barbara Lassen. Reproduced by permission of The Countryman Press, a Division of W.W. Norton & Company.

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It's that family and friends time of year again!

Background photo by Fishtail Media Studios

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There's so much fun stuff to do in and around Sag Harbor Village!

Availability is subject to change, so do reach out to the given sponsoring organization to confirm all details in advance.

**Tue., July 6**

**Wonder/Wall @Bay Street Theater**

Wonder/Wall is an exciting and new immersive video performance series that brings the work of cutting-edge artists to Sag Harbor to share work commissioned by Bay Street Theater. Runs outside the theater through July 31.

**Time: various**  
**Cost: \$20**  
[www.baystreet.org](http://www.baystreet.org)

**Wed., July 7**

**Sag Harbor Whalers Home Game @Mashashimuet Park**

See our Whalers take on the Southampton Breakers in this Hamptons Collegiate Baseball League game. Find more games on their website.

**Time: 5pm**  
**Cost: FREE**  
[www.hamptonsbasball.org](http://www.hamptonsbasball.org)

**Thur., July 8**

**Summer Splendor Aromatherapy @John Jermain Memorial Library**

Adults learn how to enjoy the outdoors with the use of aromatherapy and essential oils. Create a bug repellent that also lifts the spirits, and a moisturizing body scrub to keep skin clean and healthy during the summer months. Each participant will receive a kit with sample products, recipes and resources. Register ahead, quantities are limited. Limit one per household.

**Time: 6:30-7:30pm**  
**Cost: Free**  
[www.johnjermain.org](http://www.johnjermain.org)

**Sat., July 10**

**Sag Harbor Farmers Market @Breakwater Yacht Club**

Open every Saturday through October. Offering locally grown produce, seafood, and locally prepared goods.

**Time: 9am-1pm**  
**Cost: Free**  
[www.facebook.com/sagharborfarmersmarket/](http://www.facebook.com/sagharborfarmersmarket/)

**Sun., July 11**

**"The Hamptons Kitchen" Book Signing @Bistro Été, Water Mill**

Join Sag Harbor author—and Sag Harbor Neighbors magazine Content Coordinator—Stacy Dermont for a signing of her cookbook! Everyone is welcome, but advance reservations are required for dinner.

**Time: 4-7pm**  
**Cost: Free to attend, book \$29.95**  
[www.bistroete.com](http://www.bistroete.com)

**Sun., July 11**

**Sag Harbor Whalers Home Game @Mashashimuet Park**

See our Whalers take on the Riverhead Tomcats in this Hamptons Collegiate Baseball League game. Find more games on their website.

**Time: 5pm**  
**Cost: FREE**  
[www.hamptonsbaseball.org](http://www.hamptonsbaseball.org)

**Tue., July 13**

**Free Lawn Care Advice Tuesdays @Bridge Gardens, Bridgehampton**

Lawn Care Advice Day is on Tuesdays, from 3:00 pm to 4:30 pm, through October 5. And you can email questions, and photos, to [LawnExpert@PeconicLandTrust.org](mailto:LawnExpert@PeconicLandTrust.org)

**Time: 3pm-4:30pm**  
**Cost: FREE**  
[www.peconiclandtrust.org](http://www.peconiclandtrust.org)

**Fri., July 14**

**Hamptons Sunset Cruise Boat Ride @Long Wharf**

Enjoy a relaxing sunset cruise in the Peconic Estuary on either Noyac Bay or Gardiners Bay. Leaves the Long Wharf five nights a week during the summer season. Bring your favorite beverages and snacks to one of the most memorable ways to enjoy a sunset on Long Island's East End.

**Time: various**  
**Cost: \$30-\$45**  
[www.americanbeautycruises](http://www.americanbeautycruises)

**Thur., July 15**

**Sag Harbor Whalers Home Game @Mashashimuet Park**

See our Whalers take on the Southampton Breakers in this Hamptons Collegiate Baseball League game. Find more games on their website.

**Time: 5pm**  
**Cost: FREE**  
[www.hamptonsbaseball.org](http://www.hamptonsbaseball.org)

**Sun., July 18**

**Montauk Lighthouse Triathlon @Montauk Point Lighthouse**

Swim a half-mile, starting at Gin Beach. Bike 14 miles through Montauk and around Gosman's Dock, finishing at the lighthouse, and run a 5K through wide, closed, paved roads.

**Time: 6:30 am**  
**Cost: various**  
[www.runsignup.com](http://www.runsignup.com)

**Fri.-Sun., July 23-25**

**A Hill of Beans: A 1950s Shelter Island Story @Shelter Island Historical Society**

Bring your own chair, blanket, and picnic to watch this amazing musical about Shelter Island history! In 1949, a lima bean cooperative was formed by a group of local farmers and one very savvy New York barrister. A story of cooperation, innovation, and determination, with some love and drama mixed in. No pets.

**Time: 5:30pm**  
**Cost: \$50**  
[www.shelterislandhistorical.org](http://www.shelterislandhistorical.org)

**Thur., July 29**

**The Commune Book Signing @Canio's Books**

Come meet Erica Abeel, author of The Commune signing copies of her new comic novel about the 1970s feminists on the East End. Call ahead to reserve your signed copy, if you can't make the event.

**Time: 4-5:30pm**  
**Cost: FREE to attend**  
[Canios.wordpress.com](http://Canios.wordpress.com)

**Sat., July 31**

**SOFO's 32nd Annual Summer Gala @ South Fork Natural History Museum (SOFO)**

Honoring Dr. Indy Burke; Michael Gerrard; Chef Kerry Heffernan; and Kim and Greg Lippmann and Family; Special Ambassador Chef Alex Guarnaschelli. VIP reception, dinner, dancing and entertainment.

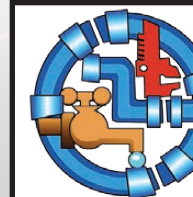
**Time: 6-9:30pm**  
**Cost: various**  
[www.sof.org](http://www.sof.org)

**Thu., August 5 – Sat., August 29**

**Camelot Concert Musical Under the Stars @Outside Bay Street Theater**

This new envisioning of the story of King Arthur, Guinevere, and Lancelot is told with intimacy, immediacy, and incandescent passion. The beloved musical explores one of the greatest romances of all time and paints a luminous picture of a fleeting moment when justice, peace, and righteousness reigned supreme. Directed by Bay Street Theater Artistic Director Scott Schwartz

**Time: various**  
**Cost: \$85**  
[www.baystreet.org](http://www.baystreet.org)



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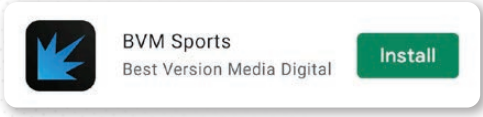


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