

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECI

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Dani's Papers

SPECIAL SECTION: FINE FURNISHINGS & DESIGNS



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ART BY CORNELIA FOSS

HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

It's in the bag

Finally getting some rays? Have fun in the sun last week? I do hope so, but is the whole beach experience going how you'd dreamed it would all winter long? Without even the tiniest irritation or glitch? Or could it be better? You know what I'm talking about - there you are, snuggled in the sand and you reach for your lip balm so that you don't end up looking like you've had an injection of collagen that went horribly wrong, or, if you've braved it yet, you emerge from the still slightly chilly, yet pleasantly refreshing ocean to find that you look like a drowned rat and you can't seem to find that darn wide tooth comb or detangling spritz. Did you remember to bring along your beach bag filled with everything you'd need, health and beauty musts that leave you looking and feeling fresh and relaxed, when in reality you're probably really hot and sticky? Be honest, last weekend, as opposed to looking like a beauty at the beach, did you end up more like beauty's beast at the beach? And



even if you looked okay, yes, some of us are more low maintenance than others, were you fully prepared to enjoy a whole day lazing around, unashamedly enjoying yourself? Did you have enough reading material?

Clothes in case it got chilly? After-sun moisturizer when everyone decided to head straight to happy hour, instead of home, meaning that you'd have to sit for an hour feeling your skin crinkle and wrinkle?

It's okay, we're all a bit out of practice when it comes to packing a bag of essentials ready for sea, sand and sun, especially so early in the season. That's if you even packed a bag at all. It takes a couple of beach or outdoor jaunts to get back in to the swing of things.

So in an attempt to make the rest of your summer as calming, beautiful, peaceful and relaxed as possible, here are a few items you might want to make sure you throw in your trusty old beach bag. Plus some new products and ideas that you'll soon realize you shouldn't leave the house without.

Put it in the bag:

The bag: To really get in to the spirit of summer, get yourself a new beach bag, and there are plenty around to choose from. Go for bright, cheerful colors. This season is not for the demure. It's all about citrus, orange, lime, lemon and fuschia pinks.

Towels and sheets: I don't need to tell you to bring a towel to the beach, but the addition of a sheet laid underneath it makes sure that the towel you're about to dry yourself with isn't full of sand. Don't you hate that?

H2O: Bring plenty of drinking water, but also something like an Evian spritz, which is wonderfully refreshing to mist on face and body when you just can't take the heat. Also, if you're taking a cooler, you might want to throw in a pack of Kenzoki perfumed ice cubes, \$30. Based on plant water and other unusual, but intriguing ingredients, these cubes will be wonderfully refreshing at the beach and you'll smell good, too.

Hair: Don't forget that wide tooth comb, but you might also want to invest in a sun protector, like Korres Red Vine Year Round Hair Sun Protection, \$16. Mist it over wet or dry hair for excellent hydration and color fade protection. Frederick Fekkai makes a similar product at \$33. And if you've got long hair, don't forget a detangling spray like Rene Furterer's no rinse detangling spray, \$18. When you can't comb through your locks after splashing in the sea, you'll be glad you threw any detangler in.

Face and Body: Moisturizers and sun protectors are an absolute must in and after sun and the subject of a column I'll be covering in more depth in the near future. Pack after sun moisturizer, as well as several levels of SPF protection for use when in the sun. Different areas of the face and body need different SPF values, including a high block out on eyelids and block out lip balm.

Nourishment: Be sure to bring a snack to the beach, but something healthy and refreshing. Fruit is always good and an apple can just be thrown in the bottom of a bag.

Fashion: Have something to shrug on if it gets chilly,

(continued on next page)

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4 Jody				4:15 TEEN YOGA Jody starts in July!		
🌸	5:30 Cyndi	5:30 Kelly	5:30 Gina starts in July!	5:30 Gina/Jody	5:30 Gina	5 ACTIVE & RESTORATIVE Gina

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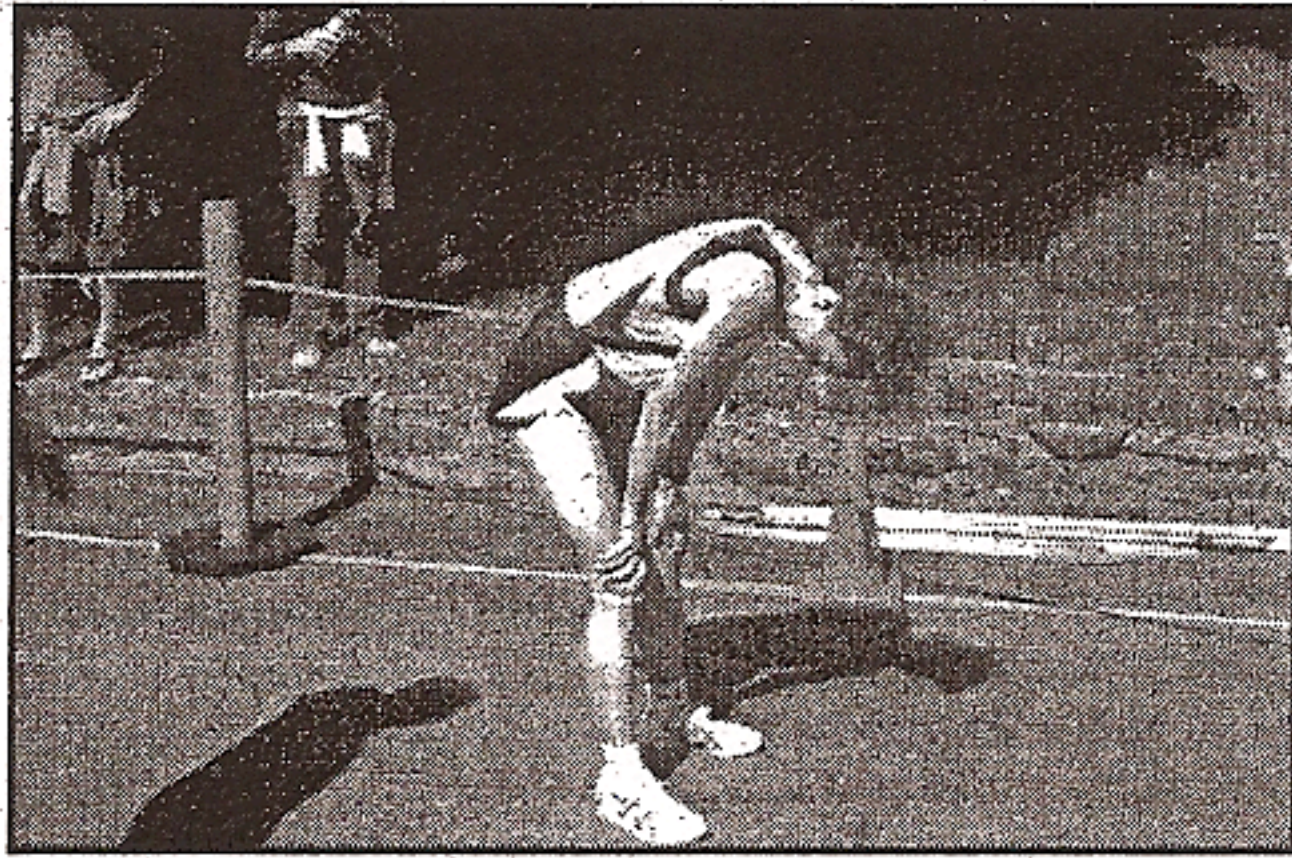
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HEALTH, BEAUTY & FITNESS

Potatohampton 2004 – The Play By Play

It was a beautiful Saturday morning on the lawn of the First Presbyterian Church in Bridgehampton. Runners were stretching in the early sunshine, preparing for the annual Potatohampton 10K. The announcer was counting down the minutes to the race when I saw Dan Rattiner ride up in his little red convertible, his curly-haired white dog on the seat beside him. I was at the Blue Rush table, where the rapidly emerging new Extreme Sports company was organizing a free raffle for extreme adventures. I was thrilled when Dan told me I could ride in his car as he led the race. I hopped over the door and into the passenger seat, Dukes of Hazard style, and made myself comfortable in the perfect place to watch the race: the front. We headed to the starting line, and the announcer was busy directing the runners. "Those of you who expect to average a six minute mile, line up here..." he was saying, and I just couldn't imagine claiming I would be able to live up to such stamina and speed. But the runners were adjusting their numbers and stretching their legs, and they didn't seem to be bluffing.



Female winner Nadegda Sandrkina

We were waiting ahead of the runners, prepared to follow a slow-moving police car through the potato fields of the Bridgehampton, the lazy drivers in a runners' race. The starting-line was on Ocean Road in Bridgehampton, and the race wound down Mecox and Paul's Lane, through the beautiful countryside. The horn sounded and shook the leaves of the trees, and they were off. At first it was a little disconcerting to have a crowd of at least 150 people chasing us like an angry mob, but as we revved the engine, I was assured that the little red convertible could outrun the runners. At least most of them.

However, hot on our trail was a young man, shirtless, with a huge blue X written across his chest. He immediately became the X-man, and I realized that this superhero was blessed with super speed. X-man

was keeping up a steady clip as we turned off Ocean Road, and he ran through splashes of sunlight just behind our little car moving at 12 miles an hour.

In between potato fields, there were little water stands set up, and since we had exerted so much energy leading the pack, we paused for refreshment. Again, the runners were gaining on us. From my perspective, just ahead of the first place runner, this was a two-man battle. At first I thought X-man had the deal sealed, and as Dan said, "No one wears a blue X on his chest unless he plans on winning." But the second place runner, number 816, had plans of his own, and as we passed the halfway point, the battle really began.

They were neck and neck, X-man glimpsing 816 out of the corner of his eye and fighting to uphold his lead. But 816 was breathing down his neck, and suddenly he burst forward and snatched the lead! But not for long, as X-man surged back into the lead with lengthening strides.

We passed the second water station next to a farmhouse on Mecox Road, where inside, people were having brunch in a sunny room, peering out at the sirens in front of us, our creeping red convertible, and the panting runners in hot pursuit.

As we made a right onto Paul's Lane, I was shocked to see that not only was runner 816 passing X-man; he was also passing us! And I must say, I saw him cast a mocking smirk in our direction as our jaws dropped. As we cruised through the horse fields, runner 816 was riding on momentum, and I finally saw what runner's high looked like, though I've still never felt it myself.

We turned back onto Halsey and 816 really took the lead, showing his stamina. After the race I would learn that X-man was really X-boy at seventeen, and

while he was obviously in great shape, he might be able to take a hint on stamina and pacing from the one man who overtook him.

When we cruised into the home stretch, people were waiting at the finish line ready to applaud, and it was runner 816 who sprinted over the finish line first. His name is Mike Lyons, and I watched him grab a bottle of water after he finished the race. But as he walked over to a woman and a little dog, I saw that after running a 10K, he was more interested in quenching his dog's thirst than his own. He poured half the bottle onto the sidewalk towards his dog's lapping tongue.

X-boy shot over the finish line next, and the genius of Blue Rush was made clear again. In blue paint across his back, I saw that it said www.bluerush.com. Everybody's talking about that up and coming company! The seventeen-year-old human bullet is named Mike Semkis, and he's currently training to be a life-guard in East Hampton. The third person to finish was the first woman, a Russian woman who doesn't speak English. She wrote her name, Nadegda Sandrkina, in fumbling script as sweat dripped from her forehead onto my notebook.

"Twentieth year!" Warren Cass shouted as he crossed the finish line, placing second in his 60-69 age group. And Dr. Mehmet Oz finished the race respectably before escorting me back to the Presbyterian church. He founded FACT, the cardiac research organization that was the beneficiary of Potatohampton this year.

I offer my congratulations to everyone who ran in this year's race. It is a great accomplishment to be able even to finish such a race, and it has become a tradition for many. Nothing beats a beautiful day and an outdoor event for a great cause. The summer has officially begun.

—Emily J Weitz

Skin Deep

(continued from previous page)

or you decide to stay out later than expected. And perhaps an extra set of comfortable underwear so you're not stuck in a soggy suit all day.

Entertainment: If you're spending the day at the beach, bring plenty of reading material and perhaps some music. Something you won't annoy everyone else with... Ipod anyone? You might also want to think


about a game, either a sports activity for the beach, or even a travel board game.

Incidentals: You might also add a mirror and some low maintenance make-up – lip-gloss, perhaps mascara, or eyeliner...because you never know.

Let's face it; in the Hamptons, life is a beach. Just make sure you've packed a bag for it.

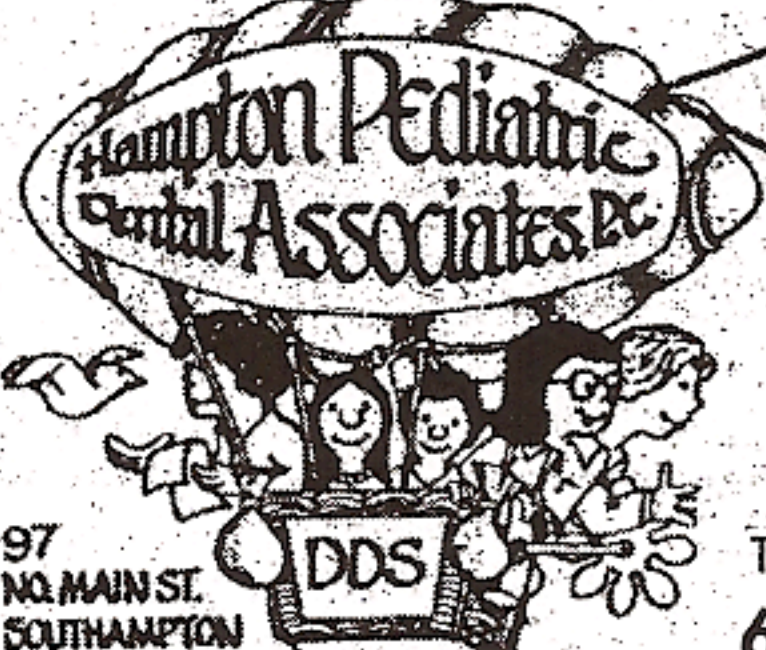
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11:00 Beginner	5:30 Hot Yoga	5:30 Fit for Golf	11:00 Classic Yoga	11:00 Classic Yoga	11:00 Pilates/Core	10:30 Hot Yoga
12:30 Meditation	7:00 Gentle Kripalu	6:30 Vinyasa	12:30 Pilates/Core	12:30 Pilates/Core	12:00 Beginner	12:00 Classic Yoga
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