

## The Wearable Beach



Spring is high season for collecting beach glass. After winter's storms (and before the beach combers descend), the sand holds a trove of "gems." Keri Dayton and Stephanie Bogetti, East Enders both, started out with personal beach-glass collections—and turned their hobby into a business. Their line, SOL Beach Glass Jewelry, uses only natural beach glass, never polished or tumbled. The women strive to enhance and highlight their pieces exactly as they were found, and the results are at once refined and relaxed—and unique.

"It's really fun to go to work," says Dayton. "It's all about luck, though. You don't know when or where you'll find the perfect piece."

For customers, finding their perfect SOL piece is a lot easier. SOL necklaces, earrings, bracelets and anklets range from \$30 to \$200. You can check them out at [Flying Point Surf and Sport](#) (69 Main Street, Southampton, 631-287-0075) and [Main Beach Surf & Sport](#) (352 Montauk Highway, Wainscott, 631-537-2716). Or visit [solbeachglassjewelry.com](#).

### Not Too Shabby

Good news for those with a penchant for pastels: Rachel Ashwell Shabby Chic has come to East Hampton.

Fans of this vintage-inspired, floral-motifed line of home design products previously have had to cross their fingers and pray for pink as they traveled across Long Island to browse scattered selections in various home design boutiques. Now, they can swing by Newtown Lane pre- or post-beach, and shop 1,500 square feet devoted entirely to Ashwell's signature slipcover furniture, bedding, chandeliers, rugs, decorative accessories and more.

According to Brit-born, LA-based Ashwell, it was about time to open an East End shop. "I have always loved the East Coast. Now that my kids have moved east, it seemed the right time to expand. We have had our SoHo store for many years, which brought in many customers from the Hamptons. I think Rachel Ashwell Shabby Chic works well here because it has a compatible aesthetic—my design is about casual, inviting, warm beauty. All of which fits perfectly into the East Hampton way of living."

In addition to a full selection of products, Rachel Ashwell Shabby Chic offers a variety of customization options and a "house call" service to assist with sofa selection and placement—making it a true one-stop-shop for all your feel-good beach house needs.

[Rachel Ashwell Shabby Chic](#), 66 Newtown Lane, East Hampton, (631) 329-7323, [shabbychic.com](#)



### TICK... TICK... TICK...

How *not* to be a Lyme Disease time bomb waiting to "go off"



If you've watched a friend or family member go through the ordeal of Lyme disease, you know all you need to know about *not* wanting to catch it yourself. Of course, the only *sure* way to prevent Lyme is to avoid being bitten by a tick that carries it. Most of us are familiar with the admonitions to wear long pants (tucked into long socks), long-sleeved shirts, and a hat. But let's face it, that kind of getup in the skin-baring days of summer may carry more of a "dork factor" than most of us can handle. On days when your outfit consists of shorts and a T-shirt—or less—play defense as follows:

- Don't walk barefoot or in open sandals except on pavement. Even short grass can harbor ticks.
- Use a long-lasting insect repellent containing DEET on exposed skin. Some of the more popular products include Repel, Ultrathon, Deep Woods Off.
- Wear light-colored clothing so you can spot the pale, poppy-seed-size ticks more easily.
- Spray Permethrin repellent on clothing while it is off your body, then allow it to dry. It is commercially available under the names Repel, Permanone, Permethrin, and Duranon.
- If you hike, stick to the middle of trails so you don't brush up against leaves or tall grasses.
- At least once a day, do a meticulous tick check of your body (or ask a *really* close friend to do it for you). Ticks like to set up shop in body folds, so pay particular attention to the groin area, navel, armpits, and behind the ear and knee. A tick that's attached to you may feel like a mole or bump.
- Toss clothing you've worn hiking or gardening into the dryer on high heat for 15 minutes. This will kill the ticks on clothes. (Since ticks can live underwater for days, putting the clothes in the washing machine won't kill them.)
- Check pets for ticks daily (for their sake and so ticks won't jump on you). Flea and tick collars, sprays, and anti-tick shampoos give some protection (emphasis on *some*). Many vets recommend monthly applications of Frontline Plus, which kills ticks and fleas at all points in their life cycle (so a tick egg can't "fly under the radar" during a spray job and wreak havoc later as a mature adult). You can buy Frontline Plus from your vet, or online from the Drs. Foster and Smith veterinary catalog at [www.drsofostersmith.com](#). Another option is to call 1-800-PET-MEDS. (They will call your vet to get a faxed prescription—and then send out your order pronto.)