



The D-Day watch is made of salvaged parts from a World War II's C-47 transport plane and comes in three different degrees of weathering – “Clean Cut,” “Stamped,” and “Hard Worn.” *Photograph courtesy Tockr.*

A TIME FOR HISTORY

BY MEGHAN MCSHARRY



Time is of the essence when it comes to traveling. Whether you're running to catch a train, make your boarding call or transitioning to a new time zone, it's important to have access to a clock at a

moment's notice.

While most of us have a smartphone in our pocket to check the time, many prefer the timeless statement that a quality watch makes. Sometimes, the hardware really is better than the digital clock on your phone screen as when you're up in the air and have no access to your phone.

Aviation has long made a mark on both men's (and women's) fashion, with bomber jackets and aviator sunglasses being a staple in

many a closet. Now, that sporty, classic and yet functional style has influenced the wristwatch industry. Founded by Austin Ivey, a pilot and grandson of a World War II pilot, Tockr carries on that military legacy by crafting aviation-inspired watches designed for the modern lifestyle. Available in a variety of different styles, these Swiss-made timepieces make an ideal Father's Day gift.

Taking cues from watches specifically designed for military pilots in the 1970s, the Tockr Air Defender chronograph has a sleek stainless-steel case and sapphire crystal watch face. With a 60-second, 30-minute and 12-hour counter, the watch can be worn with any of a number of bands, from calfskin leather to stainless steel.

For the man fascinated by military history — or even a man who's a veteran himself — the D-Day C-47 commemorative watch makes a meaningful gift, particularly as this year marks the 75th anniversary of the Allied invasion of Normandy during World War II. Made in collaboration with the Commemorative Air Force (CAF), these watches are designed to honor the brave airmen who gave their all and, for many, their lives on that June 6. The dials are made from material salvaged from the paratrooper transport planes that led troops to

Normandy, the C-47 aircraft known as “That's All, Brother.” A portion of the proceeds from the D-Day watches will help fund CAF's mission of preserving the C-47 aircraft and educating future generations about its role in the war.

No two D-Day C-47 watches look alike, as each dial has unique characteristics and degrees of weathering to reflect the journey of the C-47 aircraft took during World War II. Featuring military browns and greens, the dials include the “Clean Cut” model, with light-to-medium weathering; the “Stamped” one, with medium weathering; and the “Hard Worn” model, with a heavily weathered and chipped dial and areas of exposed aluminum.

The Tockr D-Day C-47 watch comes packaged in a keepsake wooden box with two straps — one of military-like canvas and a brown leather band.

Whether you've seen “Top Gun” a few too many times, are a World War II history buff or simply want a quality timepiece to wear on your wrist, Tockr watches are a perfect collector's item honoring the men who fought for this country's freedom.

They're available at Neiman Marcus at the new Hudson Yards in Manhattan and on Tockr's website. [WWW](#)

For more, visit tockr.com.

HOME MEETS FASHION DESIGN

BY MEGHAN MCSHARRY



Get your wardrobe summer-ready with J. McLaughlin's new spring and summer 2019 lines inspired by Sarasota, Florida's mid-century modernist architecture, beautiful beaches and lush

tropical landscape.

"Modernism is at the heart of the J. McLaughlin brand," says Kevin McLaughlin, the brand's co-founder and creative director. "When it came time to shoot our new spring collection, Sarasota, the epicenter of East Coast modernism, just felt right."

McLaughlin himself frequents the area and, naturally, the brand has two stores in the area — one in Sarasota and one in Longboat Key.

Thus, the 2019 spring catalog was produced in collaboration with the Sarasota Architectural Foundation (SAF) and showcases some of Sarasota's most famous landmarks, including the Umbrella House, the Cocoon House and Revere Quality House.

The Gulf Coast city, just south of Tampa, was formerly an artists colony. It's home to the Sarasota School of Architecture and The John and Mable Ringling Museum of Art, both of which infuse the city with art and culture to this day.

In shooting at the mid-century modern homes with the SAF, J. McLaughlin stayed true to its roots of "being a good neighbor."

"By creating visual awareness of SAF, this fine American brand is helping further our mission to protect and preserve these iconic examples of the Sarasota School of Architecture," says Christopher Wilson, SAF board chair.

And create visual awareness they did. In the spring catalog, models in the brand's clothing are posed in beautifully lit spaces showcasing new spring and summer inspired designs.

A constant trend throughout the catalog is



A model in the must-have Hester Coat is photographed in front of the iconic Cocoon House on Siesta Key in Sarasota, Florida. The house was designed by Paul Rudolph in 1950. Add the soft Henri sweater, white Lexi jeans, Ruby reversible belt, tortoise sunglasses and chic wicker bag for the ultimate spring ensemble.

breezy, effortless style, mixing bold prints with more classic, solid pieces. In one photograph, the Umbrella House, located on Lido Shores and designed by architect Paul Rudolph in 1953, provides as a crisp backdrop for the punchy Lukas pant and Gramercy Linen shirt worn by the male model.

Perfect for those cooler mornings and evenings as we transition into summer, the Hester coat is photographed in front of the Cocoon House, another one of Rudolph's architectural masterpieces, on Siesta Key. Pair the Hester coat

with white Lexi jeans, timeless tortoise sunglasses and a wicker bag for the perfect summer barbecue style.

Floral patterns, gingham and gauzy materials seem to be on J. McLaughlin's radar for the upcoming season. Luckily for us, these items are just as on-trend in the Northeast as they are on the sunny shores of Sarasota. **WVC**

J. McLaughlin has four retail locations in Fairfield County and three in Westchester County. To find the location nearest you, visit jmclaughlin.com.

Flexologists at work at StretchLab White Plains. *Courtesy StretchLab.*

HOME STRETCH

BY MEGHAN MCSHARRY



I love writing about health and fitness trends and new businesses popping up in the region, so when I was asked to write a story about StretchLab I was more excited than ever.

If you're anything like me, you skip stretching before and after a workout. Maybe it's to save a few minutes of your time, or maybe it's out of sheer laziness. (For me, it's both.) Growing up in various sports programs, I had every coach in my ear reminding me of the importance of stretching. When I started to have tendon issues at the ripe old age of 13, trainers instructed me to stretch every day to help alleviate the pain. No matter how many experts told me how integral stretching is for my body, I never seemed to learn. Thus, after every workout, I still find myself struggling just to climb the stairs or sit in my chair.

Even when I skip exercising (which is most days), I spend 40 hours a week hunched over a computer screen. Sitting has been proven to be terrible for your health and, if you work a desk job, you know just how aching it can make you.

Whether you're a dedicated athlete or a desk potato, stretching is a vital step in keeping your body healthy and free of pain. StretchLab, Westchester County's new assisted stretching franchise, is here to help you, whether you struggle to find time in your day to stretch or it simply slips your mind.

Dawn Rinaldi, franchise owner, opened the StretchLab in White Plains in mid-March of this

year. The mother of two and soon-to-be empty nester decided to open the studio because she was ready for a new venture and saw a gap in the market for a place like StretchLab.

Dawn noted that StretchLab is for everyone, from young, competitive children to professional athletes and adults who are experiencing a few aches and pains and more.

"The best thing that's happened to stretching is the computer and texting," Dawn said. "Tech neck," a term used to describe stiffness and soreness in the neck and upper body due to long hours hunched over a screen, is on the rise, and stretching can help combat it.

We chatted for a bit before Dawn sent me on my way with Maxwell Dane-Ennist, or Max, the general manager and head flexologist at StretchLab.

Max sat me down for a quick one-on-one session at one of the padded tables (intentionally out in the open to promote a sense of community) and asked me a few questions like what sports I played, how active I am and if there were any areas of concern. I've had extremely tight hamstrings for a few years now, so he went straight to work on my lower body.

Max explained each step along the way, which made me feel much more comfortable considering he was essentially a stranger touching me. But because he was so gentle, warm and informative, I almost forgot we had just met. There was nothing weird about it.

He stretched my legs and asked me to tell him when I felt tension reach a six on a scale of one to 10. Not a pain scale, but a tension scale, he told me.

Unsure of what that meant, I let him try it first. He knew right away when I was just about at a six. He was that intuitive when it came to moving and feeling the body.

Max explained that he is a certified personal trainer, licensed massage therapist and a

kickboxing instructor. I assumed this is where the intuition came from, but it runs deeper than that.

"It's sort of something I've always had," he told me. "I've always been able to understand the human body."

Max could feel when I was tensing up, knew when to remind me to keep my hips flat, and best (or worst) of all, could tell I was slouching over from long hours at my desk, which is something I hadn't even noticed myself doing.

The stretching sessions use Proprioceptive Neuromuscular Facilitation — a method in which the flexologist puts your body into a position and asks you to contract and hold specific muscles for a few seconds. For example, Max would hold my leg up and ask me to push my toes toward him while flexing my foot and then count down for a few moments until relaxing again. This helps to increase range of motion and get maximum benefits during the session.

When the session was over, I felt a bit like jelly, but also more limber than I have in years. It was like a trip to the spa, only one that was good for both my mind and my body. It felt incredible, in part because I barely had to do any of the work, but also because I could tell my body would benefit in the long run from continuing these stretching sessions. Better yet, I didn't even have to shower afterwards.

StretchLab recently launched its group stretch sessions, which Dawn explains are an "education tool." Not only are they great for people who may not feel comfortable in a one-on-one session, but these group sessions also teach clients how to use tools like resistance bands and foam rollers to stretch out their bodies and promote recovery.

If you're ready to book a stretch, you can choose between a 25- or 50-minute session. For first-timers, the 25-minute session is discounted.

StretchLab White Plains is at 147 E. Post Road. Dawn is planning to open one in Mount Kisco as well.

For more, visit stretchlab.com.