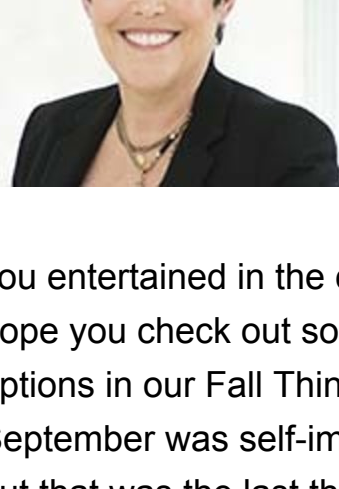


# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

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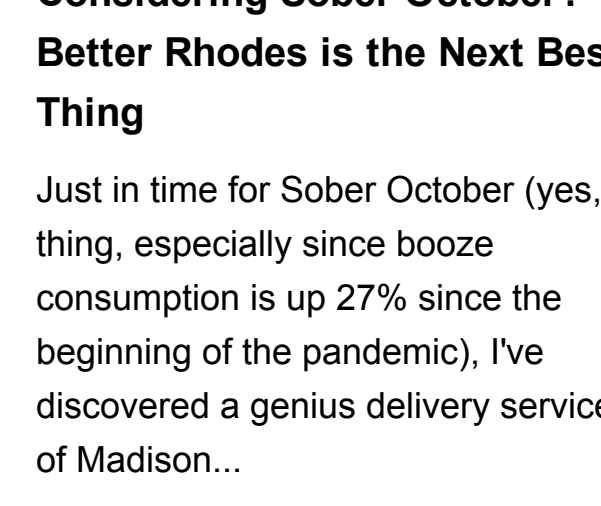


All of us are a little worried about how we're going to socialize safely this fall, so we've rounded up a slew of activities to keep

you entertained in the coming months. I hope you check out some of our local options in our Fall Things To Do below. September was self-improvement month, but that was the last thing on my mind. Mainly I was trying to extend summer with beach picnics and cocktails on the deck. I'm thinking October might be the month for focusing on improvement by eating healthier and subbing non-alcoholic cocktails for my after-work treat. We've found the best ones at Better Rhodes. And meet Jordan Sparkes, a NYC transplant and stylist to the stars; I had so much fun interviewing him. All this and more on today's E List.

p.s. Please join me on Saturday at **Ladyfest**, a virtual gathering of creatives, for a talk about entrepreneurship. More info below.

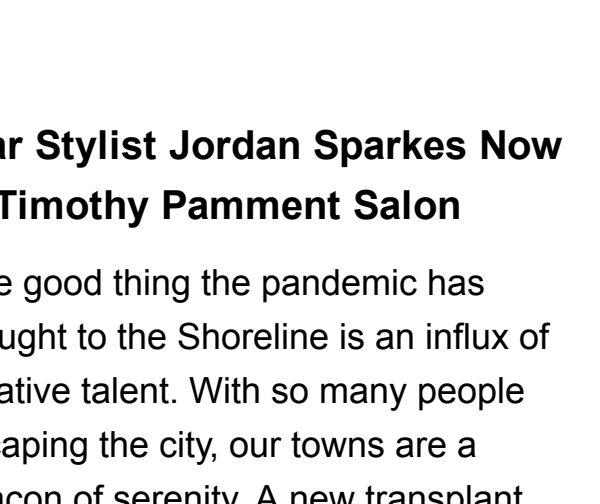
If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here](#).



## Considering Sober October? Better Rhodes is the Next Best Thing

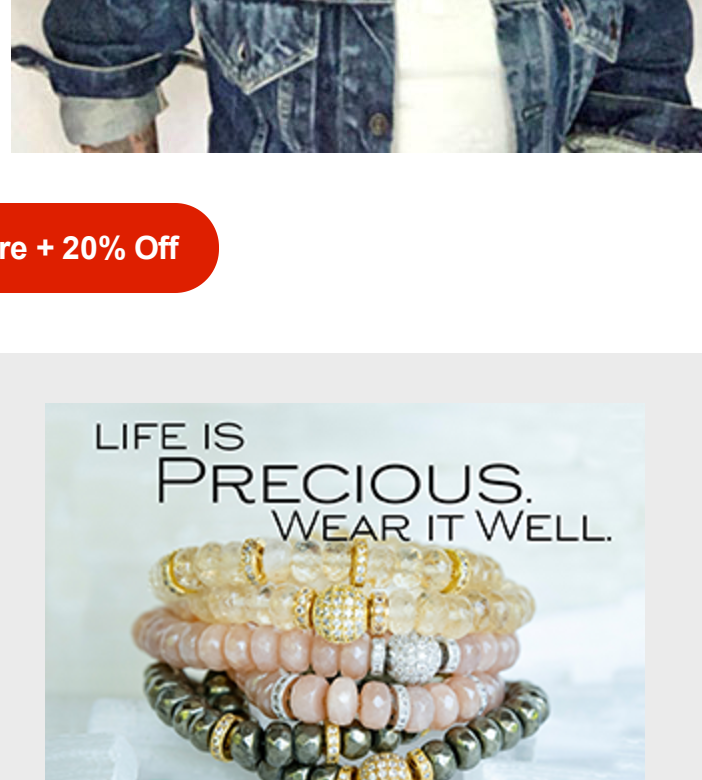
Just in time for Sober October (yes, it's a thing, especially since booze consumption is up 27% since the beginning of the pandemic), I've discovered a genius delivery service out of Madison...

[More Drinks & 15% Off](#)

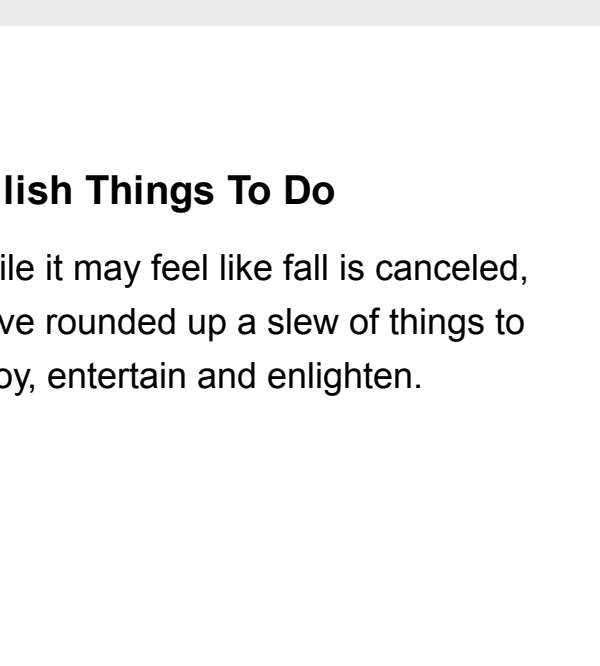


## Star Stylist Jordan Sparkes Now at Timothy Pamment Salon

One good thing the pandemic has brought to the Shoreline is an influx of creative talent. With so many people escaping the city, our towns are a beacon of serenity. A new transplant that I met recently is Jordan Sparkes, hairstylist to the stars (literally)...

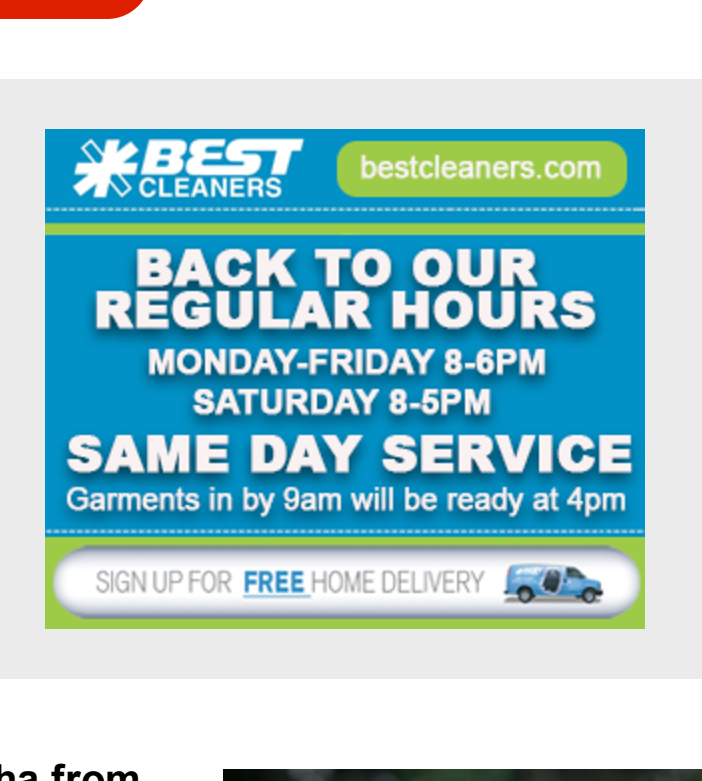


[Read More + 20% Off](#)

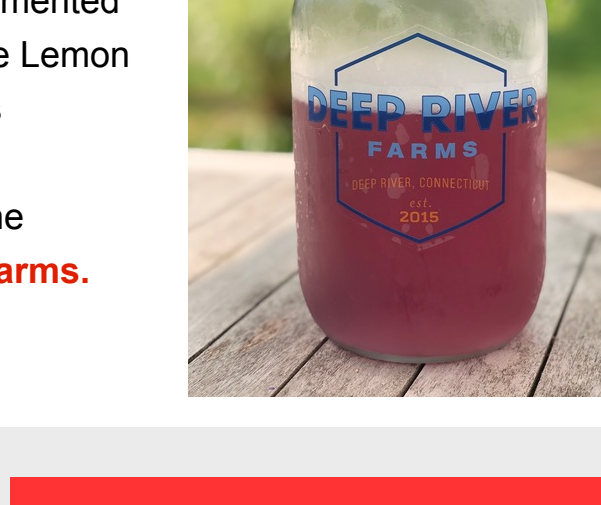
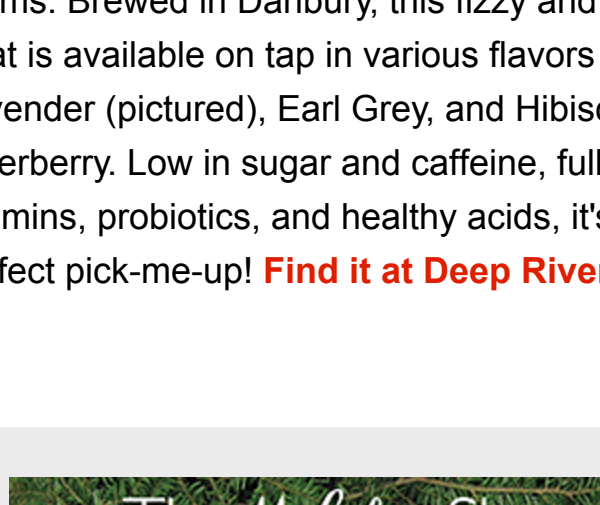


## Fallish Things To Do

While it may feel like fall is canceled, we've rounded up a slew of things to enjoy, entertain and enlighten.

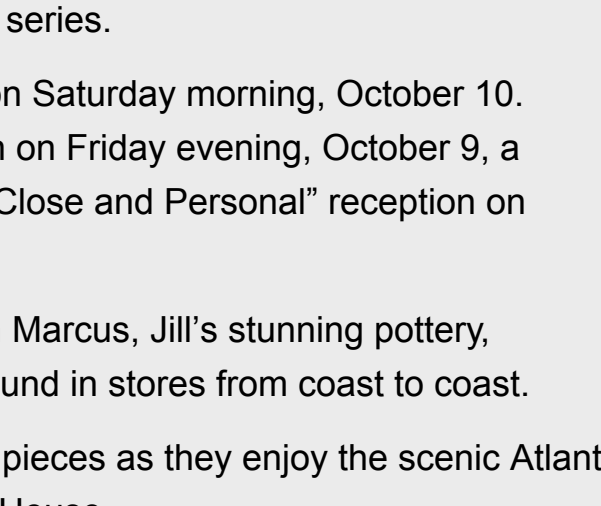
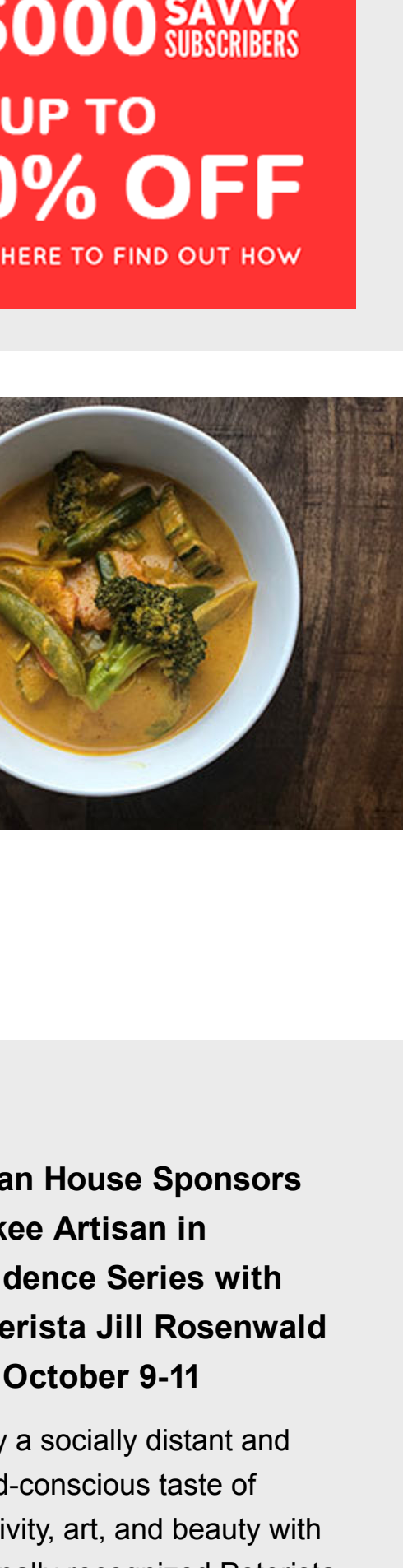


[See the List](#)

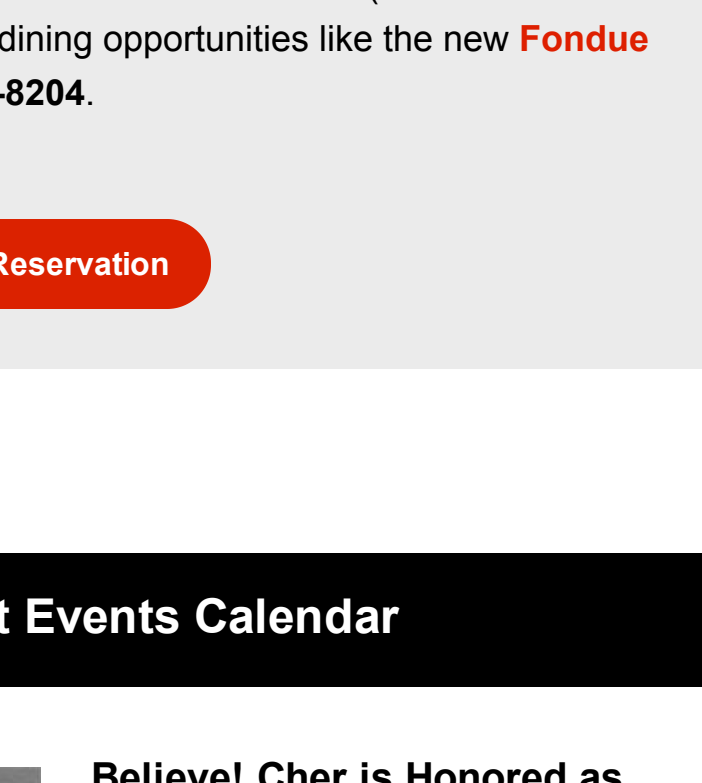


## Spotted: Lemon Lavender Kombucha from Deep River Farms

If you love Kombucha as much as we do, you can take home a massive 64 oz growler from Deep River Farms. Brewed in Danbury, this fizzy and fermented treat is available on tap in various flavors like Lemon Lavender (pictured), Earl Grey, and Hibiscus Elderberry. Low in sugar and caffeine, full of vitamins, probiotics, and healthy acids, it's the perfect pick-me-up! [Find it at Deep River Farms](#).

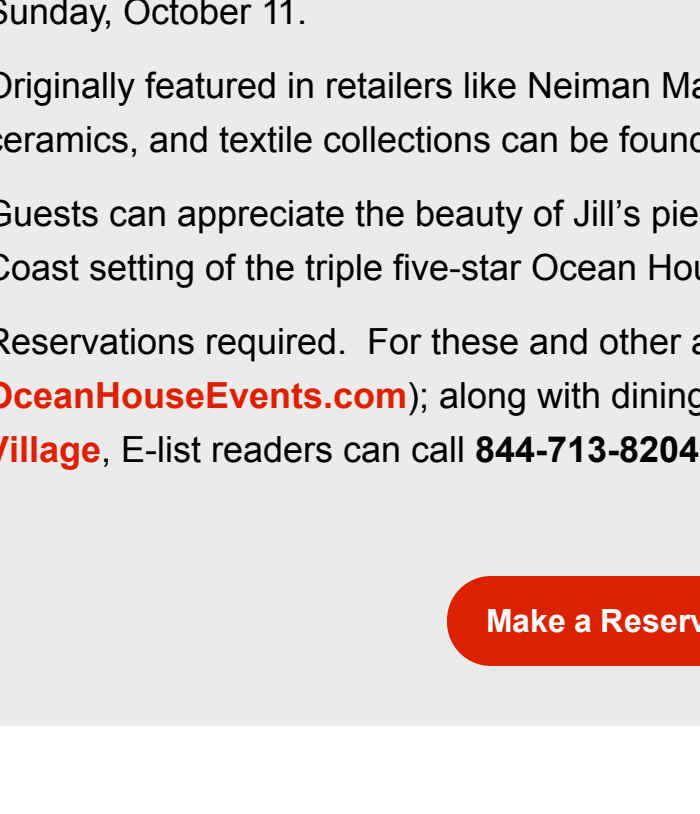


## We shared a new Thai restaurant, a riverside brunch in Essex, and pre-loved fashion on last week's list.



[Read It Here](#)

### Sponsored Story



### Ocean House Sponsors Yankee Artisan in Residence Series with Potterista Jill Rosenwald this October 9-11

Enjoy a socially distant and Covid-conscious taste of creativity, art, and beauty with nationally recognized Potterista Jill Rosenwald, as Ocean House

sponsors its Yankee Artisan in Residence series.

Events include a hands-on pottery class on Saturday morning, October 10. Complimentary events include a reception on Friday evening, October 9, a morning coffee, and a late afternoon "Up Close and Personal" reception on Sunday, October 11.

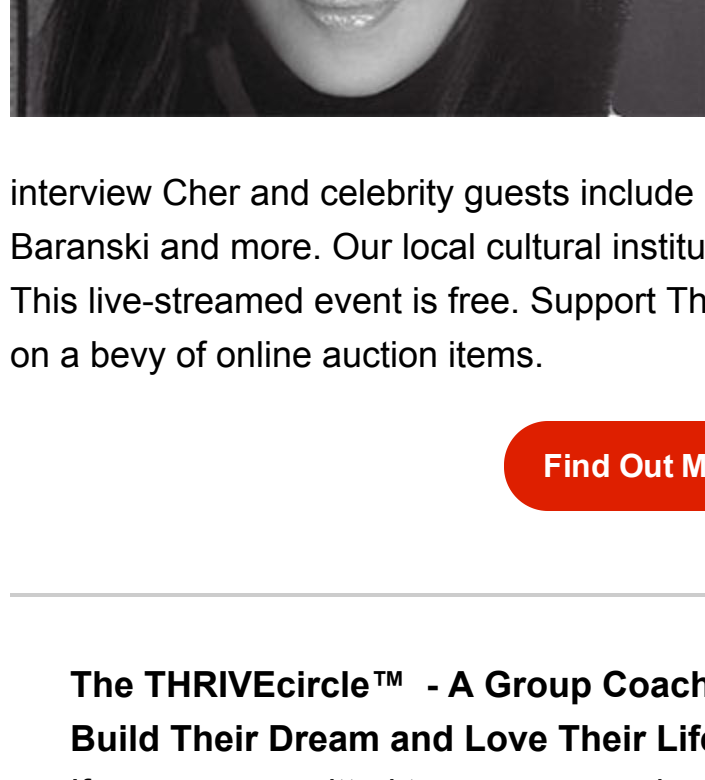
Originally featured in retailers like Neiman Marcus, Jill's stunning pottery, ceramics, and textile collections can be found in stores from coast to coast.

Guests can appreciate the beauty of Jill's pieces as they enjoy the scenic Atlantic Coast setting of the triple five-star Ocean House.

Reservations required. For these and other art-related events (visit [OceanHouseEvents.com](#)); along with dining opportunities like the new **Fondue Village**, E-list readers can call **844-713-8204**.

[Make a Reservation](#)

## From The E List Events Calendar



### Believe! Cher is Honored as The Kate's Annual Gala Goes Virtual on October 3rd

Grab dinner specials from a host of Old Saybrook restaurants, mix up a Believe Bellini, and sit back and watch the inimitable Cher receive this year's Spirit award as The Kate's annual gala goes virtual. Ann Nyberg will

interview Cher and celebrity guests include Glenn Close, Dick Cavett, Christine Baranski and more. Our local cultural institutions need our help now more than ever. This live-streamed event is free. Support The Kate by making a donation or bidding on a bevy of online auction items.

[Find Out More Here](#)

### The THRIVEcircle™ - A Group Coaching Circle for Women That Want to Build Their Dream and Love Their Life, Begins Week of 10/5

If you are committed to your personal and professional growth and you'd like to be with a group of women that are dedicated to helping you thrive, then join The THRIVEcircle™. In this 6-months together you'll explore the top habits of thriving and successful women and you'll benefit from loads of coaching, support, accountability, and connection. [Read more...](#)

### I-Park's Founder's Guided Art Walk, 10/10

Art lovers and nature enthusiasts will love this founder-led tour of I-Parks trails and art installations to benefit I-Park's Artists-in-Residence program. [Read more...](#)

### CT Ladyfest 2020: A Virtual Gathering of Creative Ladies, 10/3

I'm excited to be speaking this Saturday, along with a roster of women creatives and entrepreneurs for this inaugural, inspirational virtual event. [Read more...](#)

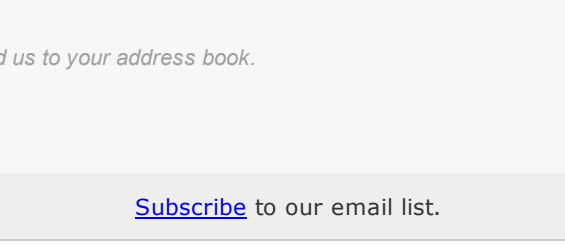
## Wondering what else is open out there? Find alfresco dining, curbside pickup, outdoor activities, and more on The E List events calendar:

[Browse the Calendar](#)

Have an event coming up, virtual or otherwise, and want to get your word out to our 25k subscribers? [Click here to add your event listing:](#)

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