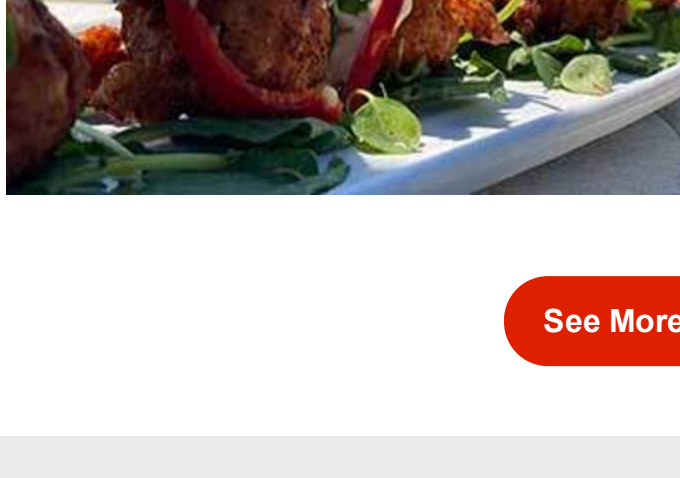
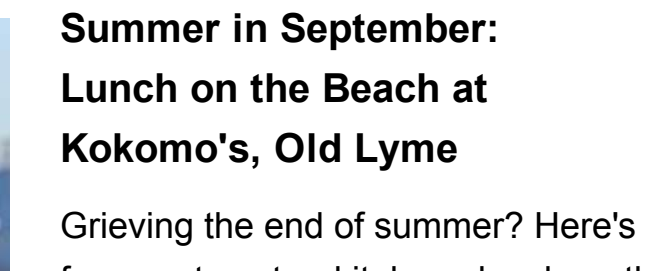


For the first time in too many years, I'm celebrating Rosh Hashanah, the Jewish New Year, with family in New York. Naturally, this involves doing a bit of research into the meaning of the holiday. I found an interesting op/ed in the Los Angeles Times about "Shmita," a Jewish custom that occurs every 7 years (and begins today) that commands that the land of Israel lay fallow. "The seventh year shall be a sabbath of solemn rest for the land, a sabbath unto the Lord; thou shalt neither sow thy field, nor prune thy vineyard."

I am not, and have never been, religious. Our celebrations, when we have them, are all about food and family, not belief. But the idea of Shmita, after the last two hurricanes, wildfires, and the United Nations report on climate change, resonated; that we are beyond the time of individual efforts and must react as a society to slow global warming. If you'd like to read the op/ed, "This Rosh Hashanah, Give Earth a Sabbatical," click the link below.

And this year, I made a savory noodle Kugel with caramelized onions instead of the traditional heavy and sweet dairy variety. It's a great side dish! Link below. And to those that celebrate, Shanah Tovah!

Love,
Erica



Summer in September: Lunch on the Beach at Kokomo's, Old Lyme

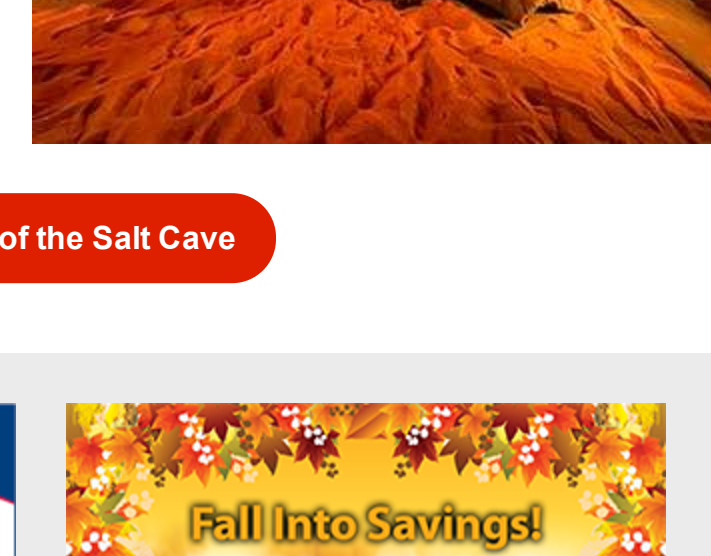
Grieving the end of summer? Here's a fun way to extend it: have lunch on the beach at Kokomo's in Old Lyme! We hadn't been for a few years but heard the menu had been revised to include some of the Bahamian-born chef's favorite dishes...

[See More Kokomo's](#)

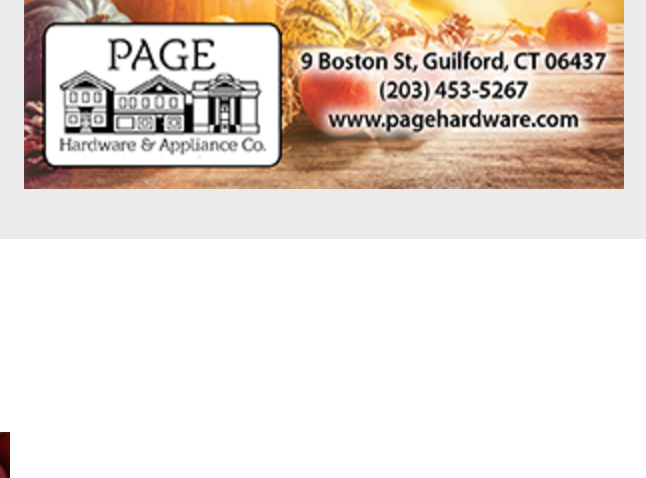
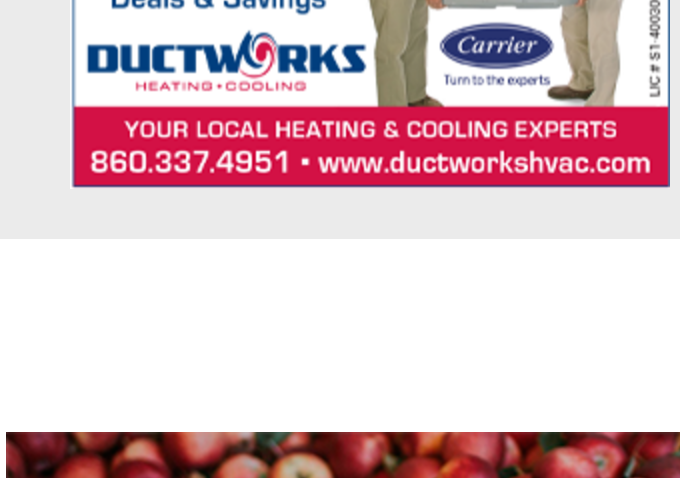


A Therapeutic Visit to a Healing Salt Cave, Guilford

I had an impromptu spa day last week that involved numerous, indulgent-feeling treatments and ended in a Himalayan salt cave. Needless to say, I never wanted to leave...



[See More of the Salt Cave](#)



Fall Things To Do

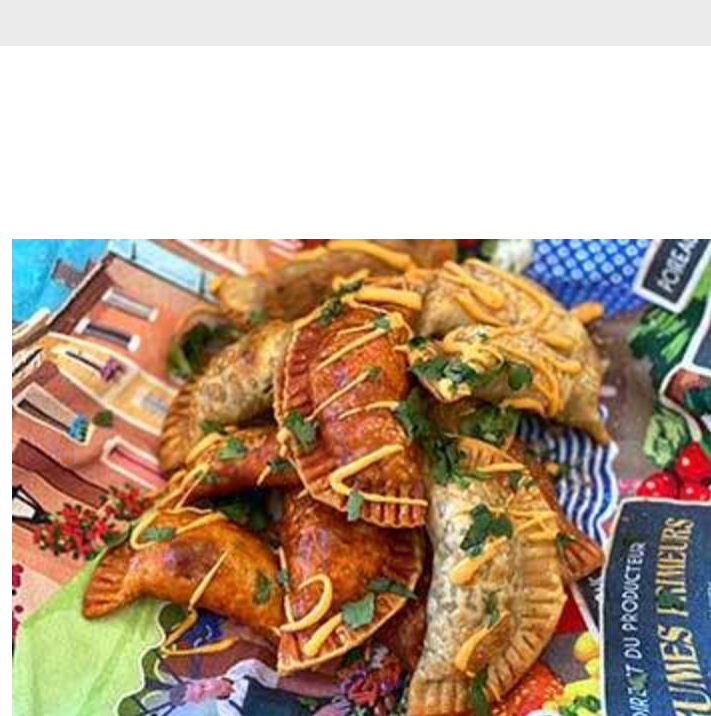
We gathered a slew of things to keep you busy this Fall.

[See Our List](#)



In case you missed it:

Last week we shared a classically trained chef for catering, a lighting showroom, and a transitional wardrobe.

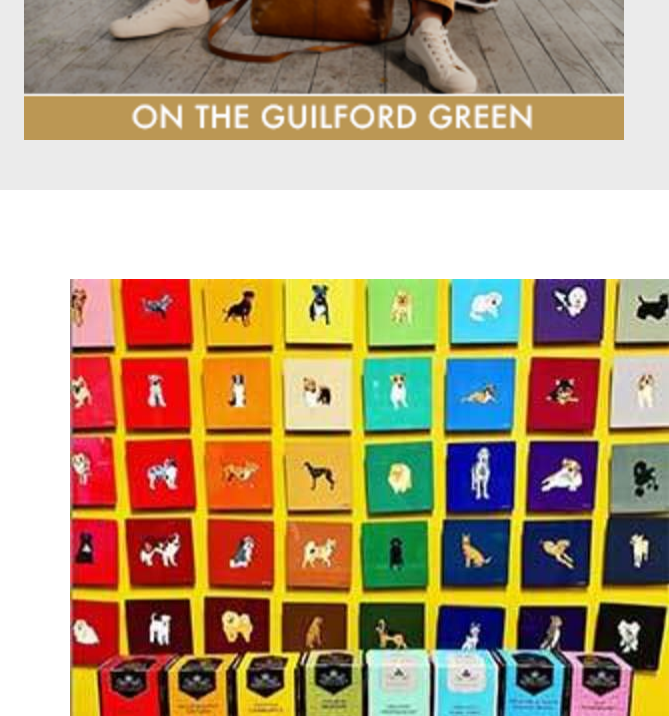


[Read It Here If You Missed It](#)



Spotted! Jules + Thom, Clinton

We found this darling espresso & biscotti bar tucked away in the Glenwood section of Clinton. Who knew? This husband & wife artist/barista team serves up everything from Matcha Lattes to Root Beer floats while selling goods from local purveyors and showcasing their own vibrant illustrations. **Check them out.**



From The E List Events Calendar

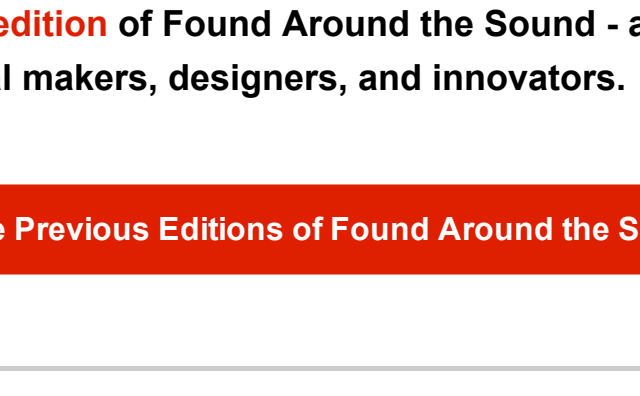
- Eileen & Taylor / Nautical Needles Fall Fabric Sale, thru 9/30**
Enjoy 30% off all orders of booked fabrics of 5 yards or more. [Read more...](#)
- Puccini's Suor Angelica at the Deacon John Grave House, 9/9**
Visit Madison's Deacon John Grave House for a night with Puccini. [Read more...](#)
- Home Again at The Kate, 9/10**
Enjoy a tribute to Carole King's impressive & expansive repertoire at The Kate. [Read more...](#)
- Connecticut Maritime Heritage Festival, 9/10 - 9/12**
Featuring CT maritime history, boat exhibits, and live music. [Read more...](#)
- Instant Barnyard: Painting Farm Animals at Flo Gris, 9/12**
Capture the beauty of domesticated farm animals in paint as these lively visitors pose at the museum. [Read more...](#)

Looking for more to do? Find workshops, concerts, yoga classes, and more on The E List Calendar:

[BROWSE THE CALENDAR](#)

p.s. from Erica

- [Super Simple Savory Kugel Recipe](#)
- [LA Times Op-Ed "This Rosh Hashanah, Give Earth a Sabbatical"](#)



a guide to makers, designers + innovators on the CT Shoreline

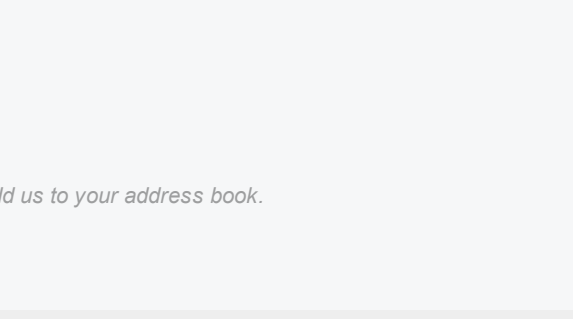
See our August edition of Found Around the Sound - a monthly spotlight on local makers, designers, and innovators.

[See Previous Editions of Found Around the Sound](#)

Here's a little reminder that everything we've written about also lives on our website. If you missed a week or two (or three) this summer, you can catch up on what's new there: www.theelist.com.

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

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