

# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP

CALENDAR

EAT

DISCOVER

TRAVEL

TOWN GUIDES



Having some trouble embracing February? Me, too. I used to sail through winter, bragging

how much I LOVED New England, and could never see myself living elsewhere. I'm not so sure about that anymore, but I am trying to make the best of it! Lunch at the Fondue Village for my daughter's 25th birthday (see below) certainly lifted our spirits. Next, I intended to give inflammation-busting cryotherapy a go, but chickened out and sent Laura instead. She reports back on this list. Maybe barbecue dinner at the new Black Jax in Centerbrook will have you dreaming of lazy summer days. We'll get through it. Only 45 days 'til spring.  
Love,  
Erica

## Musical Masterworks

### February 8 & 9

Bach, Schubert & more,  
plus original compositions by  
**Tessa Lark & Michael Thurber**



### March 13, 14 & 15

### May 1, 2 & 3

Celebrate Beethoven's 250th  
Anniversary with the Ehnes Quartet

**Beethoven:**  
**The Complete String Quartets**

(Each of these six concerts will feature a  
different program.)

Click to learn more and to  
**PURCHASE TICKETS**



## Cheese & Cheer at Fondue Village at The Ocean House

When I heard about The Fondue Village last year, I couldn't wait to go. But it ain't cheap, so I needed a good reason. My daughter's 25th birthday (which we'll be celebrating all month long) was IT. And, an ultra-millennial move - declaring that she wanted nothing but experiences - clinched it...

[More Fondue Village](#)



Jack's Back with Black Jax

## Saloon, Centerbrook

While there is nothing especially attractive about photos of large slabs of meat, don't let that deter you, especially if you're a lover of authentic barbecue...



[More Black Jax](#)



## Reboot Your Resolutions

It's a month into the new year, and already things feel like they're fraying around the edges...we've rounded up some tips if you, like us, need a little nudge.

[Get the Tips](#)



## Hot and Cold at KUR Recovery Spa, Old Saybrook

I've been intrigued by Cryotherapy and its anti-inflammatory benefits (but was slightly terrified), so I sent Laura to give it a whirl...



[Find Out How It Went](#)



# WINTER SALE FINAL WEEK

**ONE MORE WEEK FOR up to 80% OFF!**

We've extended our sale for ONE MORE WEEK. Snag up to 80% off winter, plus 20% off jeans (including new arrivals) by **Saturday, February 8th**. The shop is open **Wednesday through Friday 11 - 6, Saturday 10 - 6**. Then we'll be scurrying around and sprucing up the place for our grand Spring re-opening in March!

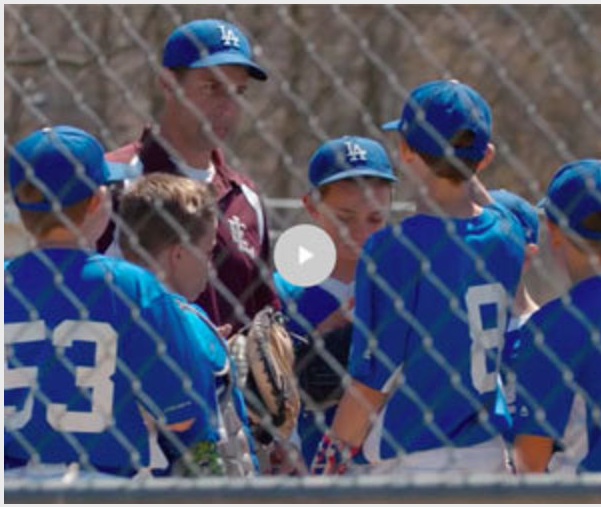
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## How Kids Deal with Divorce

### By Suisman Shapiro Attorneys-at-Law

Divorce is painful for children, no matter how old they are. How kids deal with divorce greatly depends on their age and level of maturity. While younger children may cling to parents, teenagers often pull away and become uncharacteristically rebellious. To

make things even more complicated, social media has made the landscape much more dangerous. However, there are warning signs you can look out for, and the good news is that there are clear ways to make separation and divorce easier for kids. For example, encourage your child to talk about his/her feelings. Be available and make sure they can always reach you, even if it's during the other parent's scheduled parenting time.

It is achievable to have an amicable divorce and start a healthy new life for both you and your children. **Attorney Rob Tukey** concentrates in family law and can help parents navigate through this difficult process. He practices at **Suisman Shapiro**, the largest law firm in eastern Connecticut.

[Learn More](#)

## From The E List Events Calendar

### Oscar Party at the Kate Plus Pre-Bid on the Silent Auction, 2/9

Walk the red carpet. Pose for a photo with a real Oscar. Watch the 92nd annual Academy Awards live on The Kate's big screen at this annual Oscar Party. Pre-Bids are welcome this week for the Silent Auction, **now thru 2/7**.

[Read more...](#)

### **Winter Wildlife Eagle Cruises From the CT River Museum in Essex, 2/8 - 3/15**

Come aboard for this popular winter cruise along the Connecticut River. With the help of naturalists (and binoculars!), spot eagles, deer, loon, seals, several hawk species and much more. [Read more...](#)

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### **Dandelion Series at the Yellow Farmhouse Education Center, 2/8 - 3/15**

Farmers, chefs, historians, and activists come together for a six-week series to share their diverse perspectives on the local food system and the culinary history of Connecticut. [Read more...](#)

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### **2020 Vision Board Workshop at Gather in Branford, 2/9**

Make the law of attraction work for you, manifest your dreams, set your intentions and make 2020 your best year yet. [Read more...](#)

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### **Community Music School Presents Cheese Rolling and Taste of Italy, 2/22**

Enjoy a full spread of fine Italian wine, cheese, antipasti, and locally made Italian fare, then partake (or watch and laugh) for the traditional Italian game of cheese rolling. Think bowling, but with cheese! [Read more...](#)

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**Looking for more to do? Find lots of Valentine events, concerts, workshops, and more on The E List events calendar:**

[BROWSE THE CALENDAR](#)

Get your word out to our 25K subscribers! We still have some limited banner advertising for 2020 and Event Listings on our calendar available. [Click here for our media kit and free tips for digital advertising.](#)

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