

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

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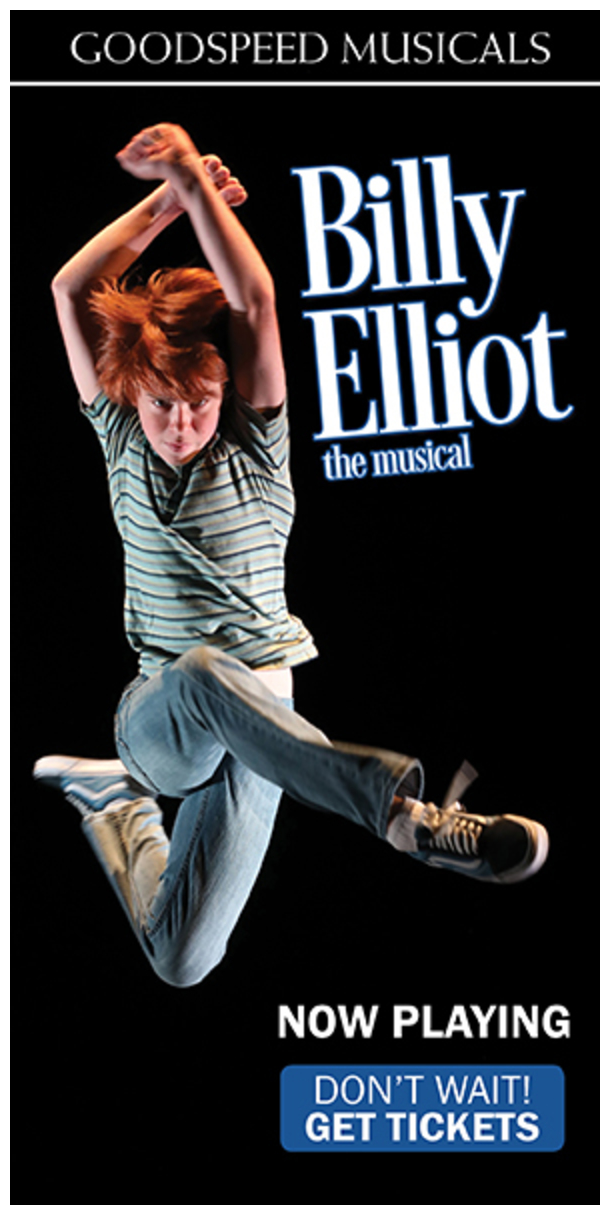


We've been working on balancing everything from our meals to our chakras

over here at The E List, and we've found a few things that might help (although I always say balance is overrated). But we're thrilled to have access to some energizing elixirs right across the street at Tonic, and we had a personal-chef-to-famous-yogis come over to the office and feed us a feast of healthy fare.

AND, to entice you to check out our fall collections and capsule wardrobe, we're offering E List readers 20% off on our stellar selection of jeans. Come on in and try and on a few pairs. All this and more below.

Love, Erica





Herbal Teas and Plant-Based Potions at Tonic, Chester

Whether you lean towards Eastern medicine and alternative modalities or not, you'll find lots to love about Tonic, a new dispensary of herbal teas and plant-based potions. What they're serving up in this delightful shop in the middle of Chester...

[More Tonic](#)



Healthy Meals Delivered By Paco

Has the thought of grocery shopping and meal prepping for a weekend full of house guests ever been anxiety-producing for you? Or you've sent invites to a dinner party but cannot muster an ounce of inspiration for the menu? If so, we've got the guy for you...



[More From Paco](#)

Need electrolytes?

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BUY ONE SET OF STEMLESS WINE GLASSES
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Enter code **TWOFREE** in the notes at checkout!



A Revisit to Vintage, Colchester

I generally don't write a duplicate review for a restaurant unless something massive has changed (new direction, renovation, new management), but in the case of Vintage I just can't help but give it another shout out. I also avoid the cliché "hidden gem," but it holds here...

[More Vintage](#)



Jeans on Sale in the Shop!



When you need a fall update, a good place to start is denim. Our selections for the season run from mid-rise to high-rise and straight to slim with a few wide-legs thrown in. We still love the frayed edge from Parker Smith and have

a darker version in stock, and our classic 3 x 1 straight leg comes in medium wash, dark wash, and black. A new jean, Colette, has a slimmer leg (but not skinny) and a higher waist, we call it the sexy jean. And a new high-waisted vee-yoke is an eighties update and looks good on everyone. Happily made in the USA.

Come try our jeans and take 20% off through Sunday, September 22nd. (In-store ONLY)

[See More Pics](#)

1 North Main Street, Chester 860.322.3388

For more info shop@theelist.com

Store hours:

Mon - Wed: 11 - 6, Thurs - Fri: 11 - 6:30

Saturday 10 - 6:30, Sunday 10 - 4

Visit us during Chester Sunday Market (10 - 1)!

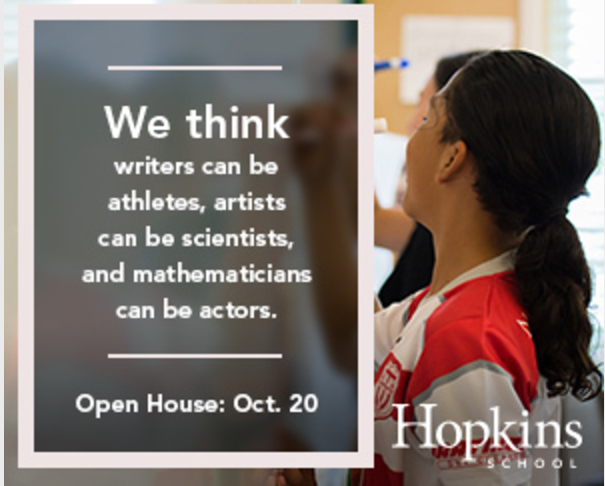
[Shop The E List](#)

Sponsored Story

Hopkins School Annual Open House: Sunday, October 20, 2019

We think intellectual curiosity is the most powerful energy in the world.

At Hopkins, we've created a culture dedicated to perpetuating, fulfilling



and celebrating intellectual curiosity.

We think writers can be athletes, artists can be scientists, and mathematicians can be actors!

At Hopkins each student is encouraged and empowered to explore far and wide through academics, arts, social activities

and service opportunities.

We think a vibrant community starts by embracing individuality.

At Hopkins, we believe an endless variety of unique viewpoints, traditions, beliefs, talents, and styles are what make up a stimulating, healthy community.

Join us for the Hopkins School annual Open House: Sunday, October 20, 2019.

Registration for grades 9-12 begins at 12:00 pm. Registration for grades 7 & 8 begins at 2:00pm. **Register online.**

Hopkins School is located at 986 Forest Road in New Haven.

Contact: **admission@hopkins.edu** or (203) 397-1001 ext. 211

Learn More

From The E List Events Calendar

The Madison Stock Exchange 14th Anniversary Sale, 9/20 - 9/22

Enjoy \$20 OFF everything in the store. Peruse their ever-changing selection of clean, pre-owned vintage and antique furniture, mirrors, lighting, artwork, home décor, jewelry and more. [Read more...](#)

Clam Dig & Oyster Harvest at the Surf Club in Madison, 9/21 - 9/22

No experience necessary at this family-friendly event. Look for little necks and cherry stones (win a prize if you find a painted clamshell!), along with locally raised Long Island Sound oysters. [Read more...](#)

Annual Harvest Wine & Food Festival at Stonington Vineyards, 9/21 - 9/22

Bring the family and friends for an afternoon of sipping wine, listening to live music and enjoying the bounty of the season. [Read more...](#)

I-Park Hosts Site-Responsive Art Biennale + Illuminations Gala, 9/21 - 9/22

Artists from five countries and three continents premiere new works at I-Park, culminating in a Gala celebration. Enjoy champagne, hors d'oeuvres, an art walk, dinner under the tent, music, dancing and an auction. [Read more...](#)

Chef Bobby Flay in Conversation with Faith Middleton, 9/23

Join celebrated chef, restaurateur, and TV personality Bobby Flay as he opens up about his style of cooking for family and friends and his no-nonsense, essential advice for home cooks. [Read more...](#)

Guilford Performing Arts Festival, 9/26 - 9/29

Enjoy over 70 world-class performances, including the internationally known dance company Pilobolus and the United States Coast Guard Band at one of the shoreline's premier arts events. [Read more...](#)

Sun Salutations Formula + Centering Skills with David Regelin at Root Yoga Studio, 9/28

Locate your center, learn self-adjusting techniques and the foundational principles of a breath-based Vinyasa practice with national and international teacher, David Regelin. [Read more...](#)

Looking for something to do? Find cooking classes, concerts, food festivals and more on The E List events calendar:

[Browse the Calendar](#)

Last week we shared cider, small plates, antiques, and more. [Read the list here.](#)

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