

# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

FUN

CALENDAR

EAT

DISCOVER

TRAVEL

TOWN GUIDES



Hi everyone,  
Doesn't it seem like all we do is eat?? This list especially had an exceptionally high

caloric intake! We are thrilled that so many new yummy spots are popping up, but it's taking a toll, especially with swimsuit season fast approaching (yikes!). So yes, we talk about food quite a bit over here. When we're not, we're discussing how we're absolutely dieting this week (Monday AGAIN) and not having a cocktail 'til the weekend. Sound familiar? But who cares about us; we're indulging for the public good. Enjoy this round-up of deliciousness!

Love, erica





## UNBEATABLE WOMEN

Power and Innovation in the Work of Women Photographers



Lyman Allyn  
ART MUSEUM

February 26  
through  
June 19

## Timothy Pamment SALON

22 Durham Road  
Madison

203.245.7707



## Sunday Dinner at Nataz, Clinton

After I viewed the prix fixe menu at Nataz, we decided to skip meals for the day and head over for a very late lunch/early dinner. Lucky for us, we showed up HANGRY!

# NEW LOCATION OPENING JULY 2022



Prepared Foods & Local Specialty Items  
185 MAIN STREET, NIANTIC, CT

# *you, me* & THE SEA CURATED LIFESTYLE & GIFTS



# Ramen, Rice, and Bao at AJ Noodle Bar, Old Saybrook

We've been craving a noodle bar around here for as long as we can remember. At last, one has materialized in Old Saybrook and we have already been in a few times...

[More About AJ Noodle Bar](#)





## **Elevated Ice Cream Cake at Honeycone, Chester**

As if Honeycone Craft Ice Cream is not exciting enough with their artisan flavors (Sea Kelp and Caramel?! Garam Masala?!), we are now on to their ice cream CAKES...

[Read More](#)




**NCL**  
NANCY C. LUCAS  
MS, LCSW  
**REBUILDING  
TRUST, LOVE &  
UNDERSTANDING**  
INDIVIDUAL &  
COUPLES THERAPIST



## Royalties: A Gift Shop for Francophiles

You know how it takes a few drive-bys of an intriguing shop before you actually stop? Royalties in Hadlyme Four Corners was one of those...

Privé  
Swiss  
Wellness & Fitness



**SELF DEFENSE  
WORKSHOP**  
THURSDAY, MAY 19TH  
6 - 7:30 PM  
WESTBROOK  
Register under  
"Workshops" via link  
or give us a call at  
860-391-8735

**SIGN UP!**



STONINGTON  
*Vineyards*

SAVE THE DATE FOR OUR ANNUAL  
**KICK OFF  
to SUMMER!**

*May 21st – 22nd!*  
11AM - 5PM

[PURCHASE TICKETS](#)



## Spotted: Empanadas at Olive Oyl's

The empanada craze you see all over Brooklyn hasn't yet blown up on the Shoreline, but if you need a fast fix, Olive Oyl's in Essex usually has a platter full of either lightly spiced chicken or beef. Lightly fried and oh-so-tasty, they do the trick for a snack or lunch. Visit [oliveoylscarry.com](http://oliveoylscarry.com)

### Sponsored Story



**Dr. Katrina Wall** has become one of the most sought-after dental practitioners on the shoreline. A Tufts University School of Dental Medicine graduate, Dr. Wall will make sure your individual dental needs are always seen and valued. Her warm personality, unique abilities, and amazing team make visiting her office a friendly, comfortable, and stress-free experience.

She and her team work together to provide bright, healthy smiles and the best in dental care. Their services include cleanings, only tooth-colored fillings, digital x-rays, single-visit crowns. Their

newest offering, the Glo Whitening system, gives patients a whiter smile just in time for summer!

Dr. Wall will work alongside you to find the best solution to your dental health goals, so you can feel confident about your smile and improve your health. New patients are always welcome!

[Contact Dr. Katrina Wall](#)



## Featured Event



### Help With Real Estate in Times of Transition with LJ Shoreline Realty

Starting over during/after divorce? Combining families? Working to sell an aging parent's home or estate? Second-home purchase? All of these are stressful events even if the changes are positive. Laurie Warshavsky, Broker and Owner of LJ Shoreline Realty is here to help with experience, patience, resources, and understanding. A shoreline resident, Laurie will go the extra mile to help you realize your goals. Call 860-205-6321 or visit [ljshoreline.com](https://www.ljshoreline.com).

[Contact Laurie](#)

### Spring Outdoor Art Sale, 5/21

Meet artists from the 2022 Window Art Stroll & Contest at the inaugural Spring Outdoor Art Sale, taking place on Saturday, May 21 from 11am - 3pm on Broadway Island in New Haven. [Read more...](#)

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### May Open Trails Day + Bird Watching + Children's Scavenger Hunt, 5/21

Kick off I-Park's 2022 Season and enjoy a relaxing screen-free, fresh-air experience with the whole family. [Read more...](#)

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### Seedling Sale at Deep Hollow Farm in Chester, 5/21 & 5/22

Head to the farm for varieties of tomatoes, greens, cucumbers, zucchini and more summer staples. [Read more...](#)

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### **Guilford Farmers' Market at Dudley Farm, Saturdays til December**

Don't miss this abundant market every Saturday! Shop for seasonal, local and organic produce, meat, baked goods, fresh flowers plus artwork and crafts made by local artisans. [Read more...](#)

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### **Summer Artisan Pop-Up at Guilford Art Center, 5/28 - 7/30**

Back by popular demand, Guilford Art Center's exciting Summer Shopping Pop-Up Series. [Read more...](#)

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### **Gardens by the Sea, 6/10 - 6/11**

Take an easy walking tour and explore nine rarely seen gardens in Stonington Borough. [Read more...](#)

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**Looking for more to do? Find workshops, local theater, concerts, and more on The E List Calendar:**

[BROWSE THE CALENDAR](#)

**p.s. from Erica**



**We shared an interview on new aesthetic treatments and the latest technologies, a balloon business, and a roundup of fun in May on our last list.**

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

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**Get the word out to our 25K readers about your Spring happenings! Shout out your sales, new menus, workshops and events on The E List.**

**[Add your event listing here.](#)**

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**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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