

# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

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Thanks to the hundreds of lovely ladies who turned out last week for Chester's Sip & Shop. The rain

held off and the town was hopping! I've always been on the other side of these events (organizing and nail-biting), so it was a thrill to be on the retail end and see the outpouring of local love. Thanks for supporting this wonderful group of specialty shops, galleries and restaurants and I'm so glad to be a part of it.

Speaking of local love, it's time for our annual Best of The Shoreline Readers' Poll! We've been at it 10 years (crazy, I know!), and we love to see what your favorites are. Fill in as much or as little as you'd like and give your favorite businesses a boost. Just for taking the time, we'll enter you in a drawing to win a \$100 Gift Certificate to River Tavern.

p.s. this list features some of our favorite summer articles from The E List archives.

**GOODSPEED MUSICALS**

**BECAUSE OF WINN DIXIE**  
A NEW MUSICAL

**BEGINS FRIDAY**

The joyful story about a lonely girl and a stray dog who turn a town of strangers into friends!

**GET TICKETS**

**LYME DISEASE:**  
**PRACTICAL ADVICE TO**  
**PREVENT & TREAT TICK-BORNE ILLNESS**  
**WITH DR. JONATHAN**  
**GOODMAN, ND**

Monday, June 24th | 6:30pm-8:00pm  
 Privé-Swiss Wellness  
 Westbrook, CT  
 860-391-8840  
 priveswisswellness.com

Privé  
 Swiss Wellness

Summer is here!

Book a getaway at Margin Street Inn

MARGIN STREET  
 INN

WESTERLY, RI  
 401-348-8710



## Tourist in My Own Town: Dinner Train!

The last time I took the Essex Steam Train, my daughter was five years old, and I was caught in an elaborate lie about why Cinderella no longer lived in Gillette Castle. Regardless, it was a fun and memorable excursion. The Dinner Train has been on my summer bucket list forever, and I finally made it...

**Dinner Train!**

*Ella*  
 WHERE SHE SHOPS

VISIT

OPEN 7 DAYS | GUILFORD GREEN

creations.  
 SEEK THE UNIQUE

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712 BOSTON POST ROAD  
**MADISON**  
 203.245.0164

Voted Best Gift Store on the e-list's 2018 Readers' Poll



## Foot Facial at Blissful Beauty, Deep River

We've all heard the horror stories of traditional pedicures gone bad but who doesn't like spiffy, pretty toes and soft feet? I've spent so much time overthinking the bacteria that collects in the jets and the chemicals in the products used that I have just simply taken my feet into my own hands. Until I discovered Blissful Beauty...



[Get the Details](#)

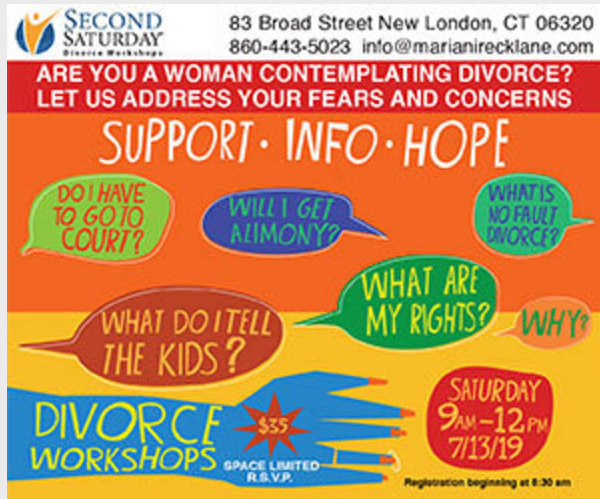
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## Mystic Boat Adventures

On the docks of the Noank Shipyard, down the road from Abbott's Lobster, you'll find Mystic Boat Adventures. Opened in the summer of 2017, this fun water experience offers several boat tours a day. It's the perfect activity if you're visiting the Mystic area for the first time, or simply...



## Introducing Lacausa!



Introducing Lacausa! This California collection has that LA ease: simple silhouettes in interesting and natural fabrics, cut with an eye toward modern

comfortable dressing. I love the muted colors and ease of the garments, and the fact that they are all produced ethically in their Los Angeles factory. In addition, they support local and global causes with their profits!

This season, the wider leg, slightly cropped, high waisted trouser in a tencel-cotton blend is a lightweight everyday pant with a lovely hand and drape. The cool cotton blouse in a neutral blush pink has a bit of retro appeal and I always love a 3/4 sleeve. This linen jumpsuit is just the thing to throw on for a beach day, or slip a tee or tank underneath for more coverage. The leg is cropped and slightly wide. The Margot blouse is the one you'll reach for everyday, with a sweet rounded collar and boxy fit in a light crepe georgette.

[See the La Causa Collection](#)

## Summer Shop Hours

Mondays thru Wednesdays

11am – 6pm

Thursdays & Fridays

11am – 6:30pm

Saturdays

11am – 6:30pm

Sundays

10am – 4pm

**1 North Main Street in Chester**

[www.theelistshop.com](http://www.theelistshop.com)

[Visit Our Online Shop](#)

### Sponsored Story

#### Four Mile River Farm

While it seems that small family farms are becoming a thing of the past, Four Mile River Farm is





enjoying the present and looking forward to the future. Started in 1985 by Nunz Corsino, the running of the farm is now shared by Nunz and his son Chris Bourne. While their cattle and pigs enjoy the land at Ashlawn Farm in Lyme, at Four Mile River Road you'll find laying hens, meat birds and best of all, the farmstand. Porterhouse, t-bones and all cuts of

beef, their special farmburgers, and brisket-short rib burgers, bacon, sausage, pork chops, and chicken fill the freezers in the farmstand. You can pick up fresh eggs and prepared foods such as beef chili, cheeseburger pies, chicken pot pies, and chicken chili. The beef jerky and pork candy are worth a visit. Open every day, the family hopes that your family will stop by.

124 Four Mile River Road in Old Lyme

[Learn More](#)

## From The E List Calendar

### **MAMMA MIA! at the Ivoryton Playhouse, 6/26 - 7/28**

Experience the worldwide phenomenon and ultimate feel-good show filled with hit songs and infectious dance moves. [Read more...](#)

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### **Putting Children First: A Fun Night Out at Saltwater Farm Vineyard, 6/26**

Craft beer and wine tasting, live music, mac & cheese bar and acres of vineyard await for an evening to benefit the Child and Family Agency of South Eastern Connecticut. [Read more...](#)

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**Eat Well, Live Well Nutrition Series: Sugar, Your Body & Your Brain at**

### **The Connecticut Cancer Foundation, 6/27**

Learn how sugar affects your body and your brain. Make better choices to feel better and be healthier. [Read more...](#)

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### **Wine Dinner at Grano Arso, 6/27**

Savor the flavors of an expertly prepared menu by Chef Joel Gargano, paired with the wines of Campania, Italy. [Read more...](#)

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### **Into the Garden Book Signing: Christian Peltenburg-Brechneff, 6/30**

Into the Garden by Christian Peltenburg-Brechneff, chronicles a long-term pilgrimage of a visionary painter to exquisite private gardens. [Read more...](#)

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### **Senior (60+) Lobster Rolls On Wednesdays at Liv's Shack, Every Wednesday this Summer**

Celebrate Summer with a hot buttered lobster roll at Liv's Shack in Old Saybrook (\$15 each ALL DAY Wednesdays for ages 60+). [Read more...](#)

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### **Helping Others Now at the House of Naan, 7/7 - 8/3**

Enjoy cocktail tastings, a Bollywood Film Fest, live music and modern Indian fare with a generous portion of proceeds going to local charities throughout the month of July. [Read more...](#)

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**Looking for more to do? Find craft shows, outdoor concerts, road races, and more on The E List events calendar:**

[Browse the Calendar](#)



## Give Your Favorite Local Businesses a Shout Out on The 2019 Readers' Poll!

We give you our opinion all year long, now it's your turn. What's your favorite restaurant, who fixes your car, what's your go-to hair salon and the best yoga studio? Give your favorite small businesses a shout out and just for your opinion, we'll enter your name in a drawing to win a \$100 Gift Certificate to River Tavern in Chester.

Click below to vote in the 2019 Reader's Poll. If you'd like to share the poll by email or twitter, just copy and paste this link: <https://theeli.st/317TYCi>

Poll ends on July 16th, 2019. Winners will be announced on July 30th, 2019

[Vote Now!](#)



In case you missed it, we shared summer snacks and much more on last week's list. [Click here to read it.](#)

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