



An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP

CALENDAR

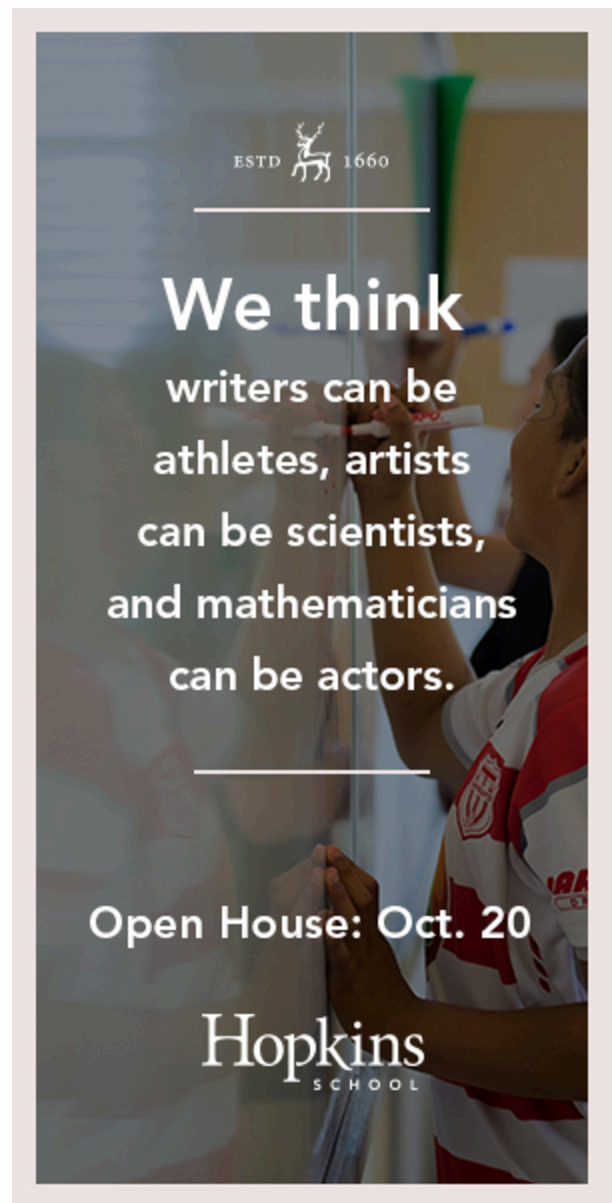
EAT

DISCOVER

TRAVEL

TOWN GUIDES

Hope you all managed back-to-school and (for those of us empty-nesters) apres Labor Day, happily. I have, mainly thanks to my Happiness Planner. Not that I'm sad, but the last nine months of crazy (buy a building, renovate it, open a store, pneumonia (!), all while keeping my day job), pushed me into a constant cycle of worry and, worse, complaining ALL. THE. TIME. I bought the Happiness Planner on a whim a few years ago and never cracked it open. In a recent bookshelf re-organization, there it was, and I decided to give it a go. Like any change of habit, this journal forces you to plan for happiness in your every day. And, guess what? It works. Nothing wrong with a few inspirational quotes and a daily reminder about how many things in my life are pretty wonderful. So for September's Self-Improvement month, I'm sticking to happy. I've got a few other areas that require improvement, but this is good for now. Love, Erica
p.s. Find out more about the Happiness Planner below.





Is it time?

KEEP YOUR EXPRESSION
BUT LOSE THE WRINKLES

FACIAL INJECTABLES BY

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BY FARRELL
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refinebyfarrell.com

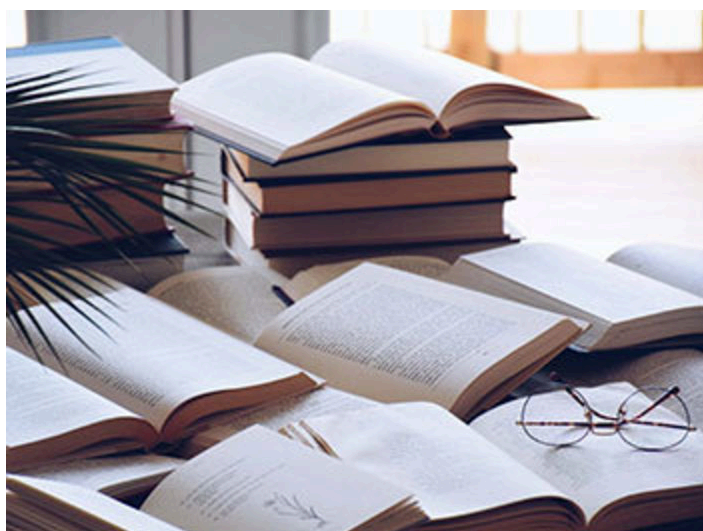


PATHWAYS
TO STUDENT SUCCESS

BUILDING FOUNDATIONS TO LAST A LIFETIME

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LEARN MORE



Back-to-School for Grown-Ups

Back-to-School season is not just for kids! The Shoreline offers an exciting array of adult educational opportunities. I'm constantly bookmarking on and off-line classes I'd love to take (from How to Finally Write That Book (ha!) to Understanding SEO (more likely)...

[See the Classes](#)



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1 area of Dysport!

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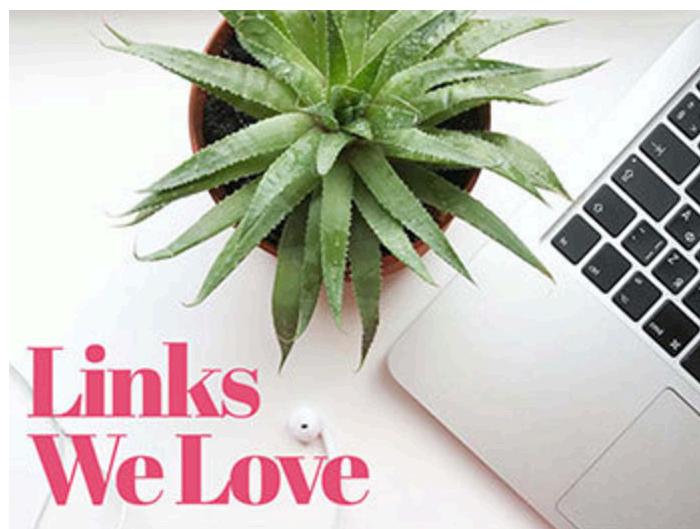
COVE CAKES

*artisanal
organic
hand-crafted*

[more cake](#)

Links We Love

A few things that have caught our eye
on the worldwide interwebs:



Get the Links

© pure barre® guilford *Parking Lot Party*
September 14th | Guilford Commons Plaza Exit 57 | 11 - 4

Food Trucks: LIFE BOWLS, Charlotte Prime, Sugar & Spice, Los Manachs on Wheels, Mizz Brain Freeze Bar, Sultan Kebabs

Live Music By: Off the Record

FREE Workout Classes:
10am HIIT
11:30am Pure Empower
1pm Pure Barre Classic
2:30pm Pure Empower

Donation Beer Tent To Benefit: ARMADA, THIMBLE ISLAND, BLACK HOG, DuVIG, SARAH FOUNDATION

Four Mile River Farm

KNOW YOUR
FARMER
KNOW YOUR
FOOD

124 Four Mile River Road, Old Lyme | 860.434.2378

fourmileriverfarm.com



Fall Fairs, Festivals & Events

Here's a list of events we're looking
forward to this Fall...

[See the List](#)



FLUTTERBY is celebrating 20 Years!

Stroll the Guilford Green and come shop our beautiful store!

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203.458.1941



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get started ▶

CP.

Caryn Paradis
Interior Design



Feeling Fallish! Join us on First Friday, September 6th, from 5 - 8pm for sparkling rosé, a browse through our new

[Subscribe](#) to our email list.

Fall Collections, and happenings in all the shops and galleries in Chester.

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 (this Fri from 5 - 8pm)

Saturday 10 - 6:30, Sunday 10 - 4

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

[Shop Online](#)

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Middlesex Tree

If a hurricane were to hit tomorrow, are you ready? Derek Babineaux, owner of Middlesex Tree LLC, highly recommends completing pre-storm tree maintenance now — prior to storm formation. Derek is a well known local Arborist that specializes in technical climbing, crane work, and hazardous tree removals. Derek strives to always

maintain tree health first, however; over the past two years, there has been an influx in tree death. Compromised trees are extremely dangerous especially in poor weather conditions and high winds. Middlesex Tree LLC is a small family-owned business that is passionate about tree care. Derek is personally on every job. Please call him directly at **860-339-5605** should you need an evaluation or estimate. Visit www.middlesex-tree.com or [on facebook](#).

From The E List Events Calendar

50% off Spa Services at The Spa at Water's Edge Resort, thru 9/6

Indulge yourself (this week only!) in 50 or 80-minute spa services at 50% off.

[Read more...](#)

The 7th Annual Taste of the Shoreline on the Guilford Town Green, 9/7

Enjoy food trucks, crafters, entertainment. plus family-friendly activities, games, shopping, and live music at this annual event on the Guilford Green. [Read more...](#)

Launch + Re-commissioning of the Mayflower II at the Mystic Seaport Museum, 9/7

Be a part of the celebration at the country's largest Maritime Museum and witness history in the making. [Read more...](#)

TrueForm Studio Open House: Free Classes, 9/8

Treat yourself to a morning of free studio classes plus specials and samples from Java Hut. [Read more...](#)

Fall Classes, Exhibits and Events at the Lyme Art Association, 9/9 - 11/15

Immerse yourself in an art-filled autumn at this vibrant art center with Fall classes, en plein air workshops, lecture series, exhibits, and more. [Read more...](#)

Composition No. 1 Wine Release at Chamard Vineyards, 10/19

Explore the beautiful grounds and vineyard and enjoy exclusive tastings, live music, wine cellar tours, and hors d'oeuvres at this unique Fall event. [Read more...](#)

Looking for something to do? Find corn mazes, lobster fests, special discounts, and more on The E List events calendar:

[Browse the Calendar](#)

p.s. from Erica

We shared secrets of Westerly, RI on last week's list. [Read it here.](#)

Find out more about the [Happiness Planner here.](#)

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