

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

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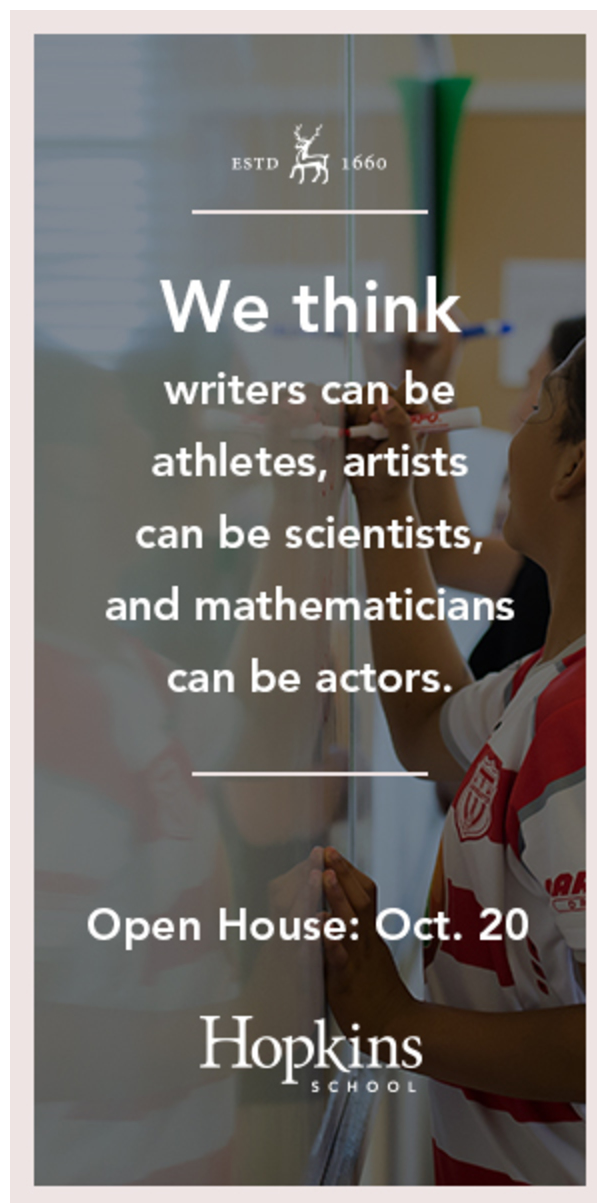
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Erica, don't hurt Erica. This was one of my grandmother's oft-used sayings, mainly about my ever skinned

knees and stubbed toes. Lately, my sister, on our daily phone calls, tosses it out as a reminder of a different sort; when I'm busy self-flagellating about any number of things. You likely know the drill: skipping a workout, working too much, eating too much, drinking too much, worrying too much; the list goes on. I'm not sure why we (mainly women, yes) love to tear ourselves apart. But we do, and then it becomes a habit. We somehow forget how many times we hustle to the gym when we don't feel like it, or skip dessert when we're desperate for just a bite of chocolate. I know that this constant striving for "better" is unattainable. And at my age (and you know how old I am), it's also dumb. So, I'm taking up the mantra, Erica, don't hurt Erica. Thank you, Grandma Fran, for your ageless advice.





Birdies! Comfy and Cute!

What happened to my feet? Weirdly, the bottoms of my feet hurt, so I can no longer happily pad around barefoot! My go-to at home are the insanely comfortable (and washable) wool and rubber Allbirds slip-ons. But besides a run to the grocery store, they look a bit too much like slippers for all-day frolicking...

[How To Find Birdies!](#)



We've Found the Perfect Birthday Gift - Aquinnah's Zodiac Charms!

If you're wondering who that gorgeous model we used in our recent fall photoshoot for the shop is, it's none other than local jewelry designer Kelley Solomon. We've long been fans of her clean aesthetic, well-priced and wearable collection, and we interviewed her last year for a "local designers" list...



[Zodiac Charms and More](#)



Billy Elliot at The Goodspeed

We are all crazy for Billy Elliot here at The E List office, so we jumped at the chance to see the Tony Award-Winning show last Friday at The Goodspeed. So welcome is a modern musical at the majestic East Haddam theater, and so timely in its message of following one's dream...

Photo by Diane Sobolewski

More Billy Elliot

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What's In Store?



Fall for a favorite French collection, *See U Soon*: here's the perfect dress for this transitional month. An easy wrap midi with elasticized waist and 3/4 sleeves. Pull it on, pair with ankle boots, and go. In burgundy as shown or black. Collection ranges from \$98 - \$148

[See the Whole Collection](#)

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



Middlesex Health: Helping Women at Risk for Breast Cancer

Middlesex Health Cancer Center's Comprehensive Breast Center helps identify women who may be at high risk for breast cancer due to family history or benign breast disease. It also monitors and treats women who have an established high risk

for breast cancer and helps patients in treatment or recovery.

Women who are identified as being high risk, or who think they might be at high risk, are encouraged to either make an appointment with the center directly or ask their primary care physician for a referral. Within the center, the scheduling of diagnostic tests and a meeting with a breast surgeon can happen on the same day.

Middlesex Health Cancer Center is accredited by the National Accreditation Program for Breast Centers. The Comprehensive Breast Center is located at 540 Saybrook Road in Middletown. The same services are also offered at the Middlesex Health Shoreline Medical Center in Westbrook. To contact the center, call **860-358-2780**.

[Learn More](#)

From The E List Events Calendar

Grand Opening and Anniversary Celebration at the Essex, 9/27

Join the Essex for a special anniversary tasting menu and opening celebration of their new lounge space the Coco Club. [Read more...](#)

Wee Faerie Village Presents Supertopia at the Florence Griswold Museum, 9/28 - 10/27

Visitors of all ages will marvel at the detail and craftsmanship as they explore over thirty hand-crafted, faerie-sized homes nestled throughout the Museum's 13-acre historic site. [Read more...](#)

Monarch Butterfly Tagging at Meigs Point Nature Center, 9/28

Spent the morning on the Long Island Sound tagging the generation of monarch butterflies that will winter in Mexico. [Read more...](#)

Southern Exposure Pop Up on Main Street in Old Saybrook, 9/28

For one day only, shop authentic Native American jewelry made from sterling silver and a variety of stones, including lots of turquoise. [Read more...](#)

Lyme/Old Lyme Kitchen Tour to Benefit Child & Family Agency of Southeastern Connecticut, 10/5

Be inspired by the design and architectural beauty of seven private kitchens. Enjoy a self-guided tour at your own pace of these distinct homes along the Connecticut River Valley. [Read more...](#)

Animal Awareness Day on the Branford Town Green, 10/6

Join in the fun for this annual event, featuring kids' activities, animal rescue organizations, live music, a bake sale, K-9 police dog demos, mini therapy horses, pygmy goats, a Blessing of the Animals and much more. [Read more...](#)

Looking for something to do? Find harvest festivals, rummage sales, kitchen tours, and more on The E List events calendar:

[Browse the Calendar](#)

A personal chef, reviving tonics, farm-to-fabulous and more on last week's list. [Read it here.](#)



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