

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP

CALENDAR

EAT

DISCOVER

TRAVEL

TOWN GUIDES



Those stalwarts among us are beginning their third week of resolutions, while the rest of us are likely

already making the kind of personal bargains that look like this: "What's ONE cookie in the scope of things? I deserve it". That would be me, by the way. But I'm trying this thing called Tiny Habits, which encourages you to set teeny weeny goals. And there's an accountability bit if you choose to go there: a coach that you email to say if you've managed to stick it out for the day. Of course, part of me is a big girl who thinks she should be able to carry out a few resolutions all by herself. But I gotta say, the coach is not a bad idea. If you're interested, the book is Tiny Habits by BJ Fogg. Hope you're slogging through January as well as can be expected.

love, Erica



[SH

SAYBROOK HOME

2 Main Street, Old Saybrook, CT
860.388.0891 | SaybrookHome.com

@SaybrookHome



Hot French Chix, Chester

We are so happy to welcome Linda and Everett Reid, formerly of L&E Restaurant, back to Chester. And we think their new concept is a winning one (and once you see the menu you'll understand the name...

[More Hot French Chix](#)



Cheap & Cheerful Interior Design

Secrets

I'm always impressed with Interior Designer Hannah Child's happy and colorful spaces. She swears by a mix of high/low choices, with results that speak for themselves...



Get the Secrets

The Traveling Epicurean
Delicious Recipes Inspired by Family, Friends & not yet Famous Chefs

Learn to cook
Authentic Pasta Carbonara
Sunday, January 19th, 12-2PM
Page Hardware & Appliance Co.

exclusive
products
for women
who love
design

take a peek...

robinzingone.



50% Off All Winter Clothing, Scarves & Jewelry

The E List Shop

1 North Main Street

Chester, CT

860.322.3388

shop@theelist.com

Winter Store Hours:

Wednesday thru Friday: 11 - 6

Saturday: 10 - 6

Sunday 11 - 4

Shop Online!



Over twenty of the best shops and designers on the Connecticut Shoreline will convene in a gigantic, empty retail space for the **Eleventh Annual Insane Insidewalk Sale**! It's a pop-up local shopping mall smack in the middle of Old Saybrook. You'll find an enormous selection of clothing, accessories, jewelry, gifts, home decor and MORE, marked down between 30 and 75% off (almost all merchandise is at least 50% off!). Snag great bargains AND keep your shopping dollars local!

Save the dates, two days only:

Friday, January 24th, 9:30 – 5:30pm

Saturday, January 25th, 9:30 – 4pm

105 Elm Street (in the Old Saybrook Shopping Center, just a few stores down from Stop & Shop)

Admission: \$5

[See the List of Participating Vendors](#)

The Insane Insidewalk Sale is sponsored in part by:



Enter to win a
\$250 shopping spree
at the
Insane Insidewalk Sale



Here's your chance at some serious spending cash for the sale!

Enter the Contest Here!

Sponsored Story



*Health achieved after 7 weeks
with non surgical therapy.*

Seaside Periodontics, LLC Madison

Periodontal Therapy does not need to be scary. Many people are unaware Gum Disease is usually painless until tooth loss approaches. 85% of patients have some Periodontal Disease, and only 40% are aware that they have this condition! Additionally, Periodontal Disease is conclusively linked to Heart Disease, Diabetes, Osteoporosis, and, more recently, Alzheimer's. Get screened (no referral necessary), choose to be healthy!

Dr. Nicole Marquis has been in Periodontics and Implant Dentistry private practice for over 20 years in Madison, CT. A 1995 (DMD) and 1998 (Periodontics) graduate of University of PA, she served as President of her post-doctoral residency program. Her patients enjoy her enthusiasm, individualized treatment plans and dedication to their care and maintenance, often spanning 2 decades. She also derives great joy from raising her 10-year-old son, Eric.

Periodontics and Implant Dentistry

51 Boston Post Road, Suite 10 in Madison

203-318-8327

nicoleamarquisdmd.com

Visit Seaside Periodontics

From The E List Events Calendar

Restaurant Week: Taste of Middlesex County, 1/13 - 1/19

Enjoy a variety of special prix fixe menus at participating restaurants throughout Middlesex County, including Water's Edge, La Boca, The Gris, Conspiracy and many more. [Read more...](#)

Just Hatched Winter SALE: 25% – 50% OFF, 1/14 - 1/31

Shop early to get the finest selection of children's clothing and accessories at the season's best prices (Petit Bateau, Angel Dear, Tea, and more). [Read more...](#)

Goodspeed's 15th Annual Festival of New Musicals, 1/17 - 1/19

Don't miss staged readings of three brand-new musicals plus several special events celebrating the best and brightest in musical theater from across the nation. [Read more...](#)

The 18th Annual Idea Circle for Women: Girls, Goals, at the Gris, 1/18

You're invited to join the Idea Circle for Women at the historic Griswold Inn for an afternoon of networking, fun activities, a luncheon, a presentation and more. [Read more...](#)

Massive Sale at the Bowerbird, thru 2/2

Take advantage of big discounts on everything from charms, bracelets, 2020 calendars, frames and much more. [Read more...](#)

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

[Browse the Calendar](#)

CONNECT



[ABOUT ERICA](#) / [ASK ERICA](#) / [OUR WEBSITE](#) / [ADVERTISE](#)

Don't miss a list, sign up here:

[SUBSCRIBE](#)

VISIT OUR CLOTHING SHOP!

1 North Main Street
Chester, CT
860.322.3388

SHARE



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

P.O Box 5
Old Lyme, CT | 06371 US

This email was sent to .
To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.