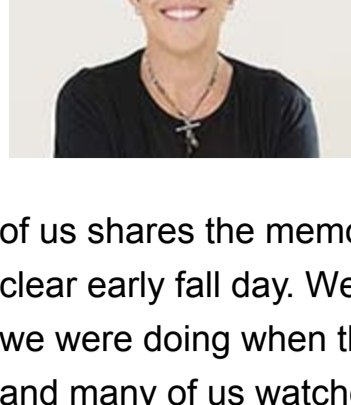


# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

- CALENDAR
- DEALS
- EAT
- SHOP
- TRAVEL
- TOWN GUIDES



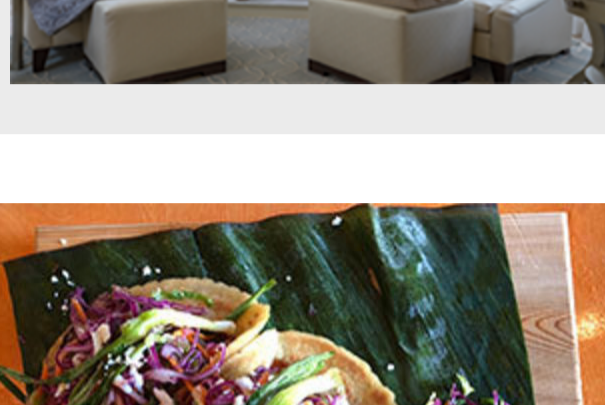
As far as I'm concerned, it's always a good thing to be distracted on September 11th.

Every single one of us shares the memory of that crystal clear early fall day. We know exactly what we were doing when the first plane hit, and many of us watched with horror as the second one banked toward the tower. It's the day we collectively became fearful: of terrorists and tall buildings, airplanes and crisp fall mornings. While poring over the NYTimes yesterday, I told my sister I just can't keep up with all the bad news. That said, The E List is meant to be a happy place, and if you're in need of distraction today, here's some fun stuff. But we will always remember September 11th, 2001 and all we lost like it was yesterday.



Plan your visit today!

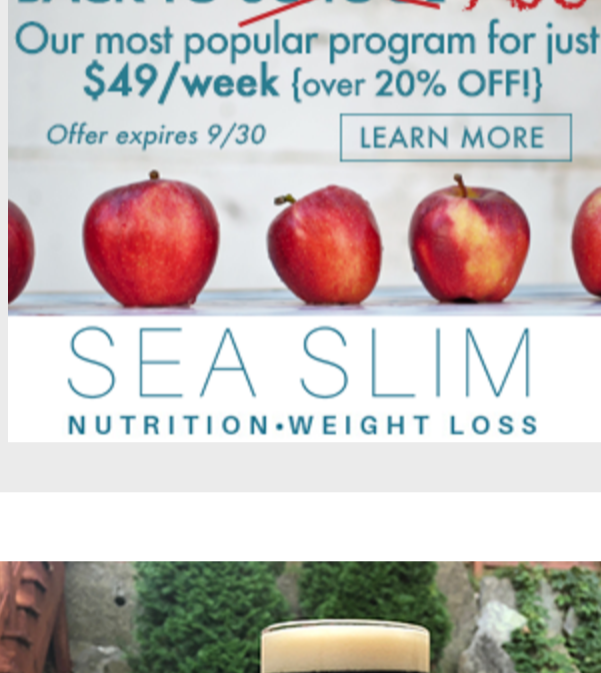
L.L.Bean Now Open  
The Shops at Yale



### Milagro Cafe, Stonington

By Dan Pearson  
While the dishes at Milagro's in Stonington Borough are happy comfort food, they are by no means the mauve monochrome glop of typical Tex Mex. No, chef (and owner) Martin Zavala is just that: a chef. And the dishes coming out of his kitchen represent...

More Milagro

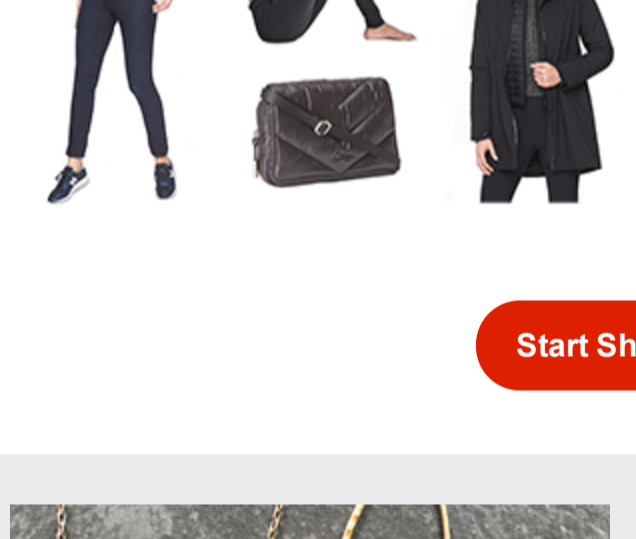
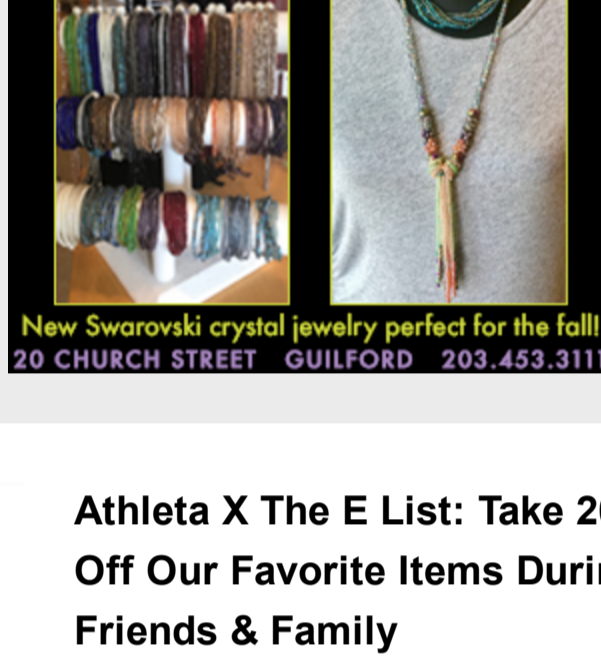
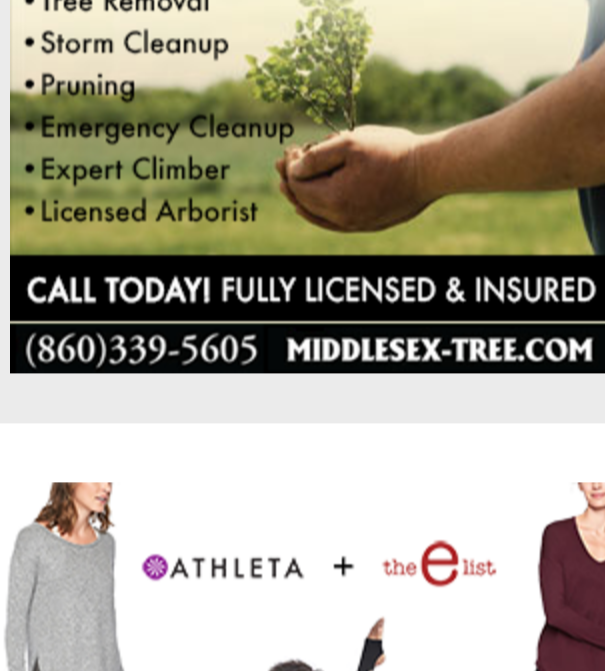


### Little House Brewing Company, Chester

After a lengthy painstaking restoration on the "little house" nestled in the corner of Chester village, Little House Brewing Company has opened to rave reviews. Chester native, Carlisle Schaeffer, and his mid-western business partner, Sam Wagner, ...



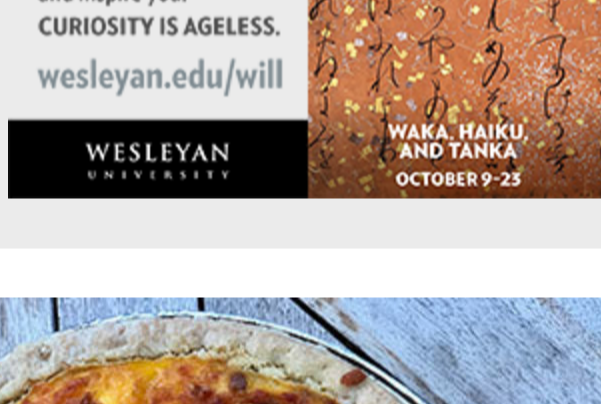
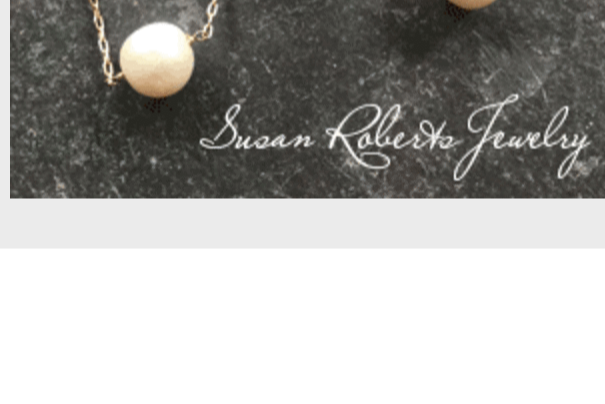
More Beer



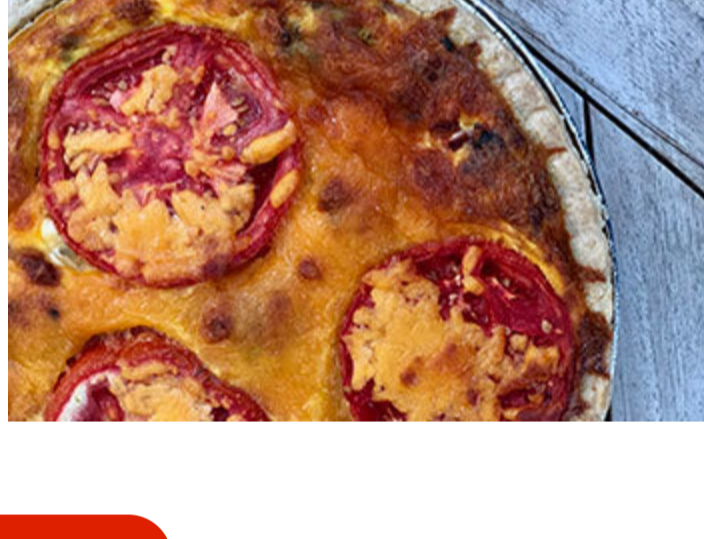
### Athleta X The E List: Take 20% Off Our Favorite Items During Friends & Family

We've been partnering with Athleta for an in-store shopping party for several years now, but the dates didn't work this year. But that doesn't mean YOU can't take advantage of fresh fall items and discounts! I ran up to Westfarms...

Start Shopping!



In case you missed it, we shared fall tips, classes, food & style on last week's list.



Read It Here

Sponsored Post



### 11th annual Garlic Festival at Olde Mistick Village

You bring the mints and they'll supply the flavor! This year marks the 11th annual Garlic Festival at Olde Mistick Village. An award-winning food festival dedicated to all things garlic. To celebrate the abundant fall harvest, farmers from around the region will present an amazing variety of garlic for

sale in addition to fresh produce.

Throughout the day and evening, dozens of local restaurants and food service establishments will be serving (for purchase) delicious garlic-related foods as well as non-garlic favorites. A host of merchants, artisans, authors, and artists will line the pathways of Olde Mistick Village displaying their foods, crafts, gifts, and talents. Along with these vendors, you will find Olde Mistick Village merchants offering garlic-related activities or products at their stores.

Hours for garlic festival 2018 are: Saturday, September 15th 11 am to 7 pm and Sunday, September 16th 11 am to 6 pm. Free entry and free parking.

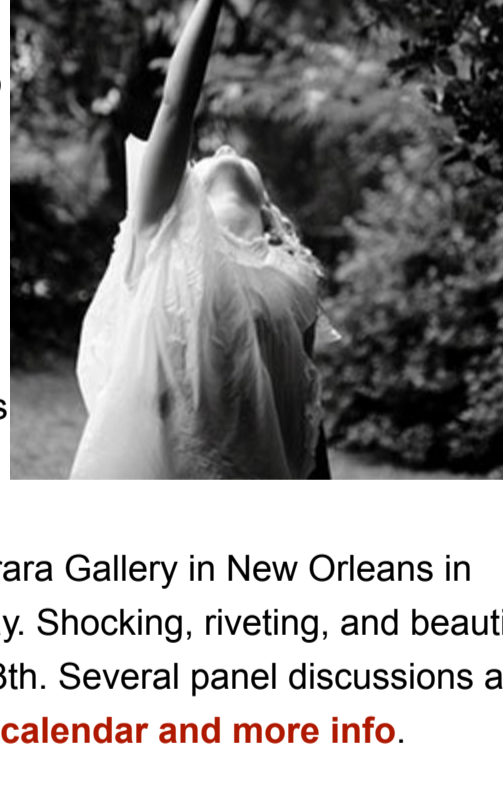
Click here for the Facebook event.

More Info

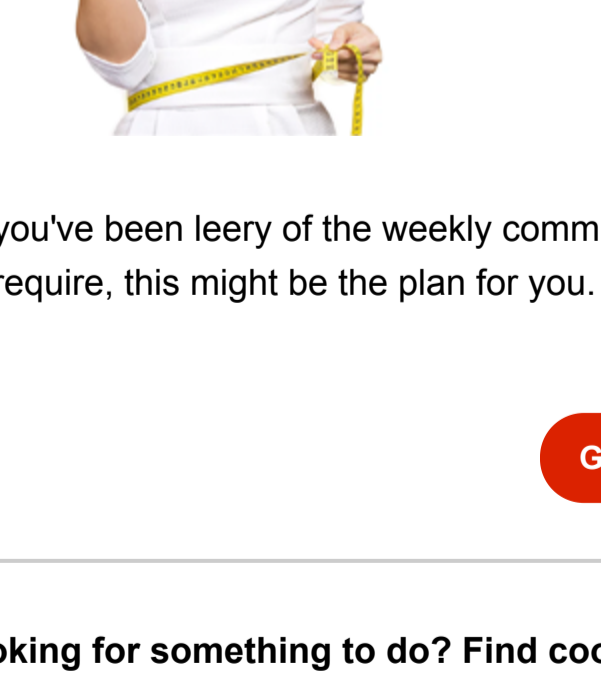
## p.s. from Erica

### #UNLOAD: Guns in the Hands of Artists

If you're in the Fairfield area, I urge you to visit the Fairfield University Art Museum for this thought-provoking exhibit: #UNLOAD: Guns in the Hands of Artists. The idea was to take decommissioned guns from the streets of New Orleans through a buy-back program and distribute them to internationally known artists. The artists (including several pieces by my father, Robert C. Tannen) created works that address the complex issue of guns and gun violence.



I saw the show at its launch at Jonathan Ferrara Gallery in New Orleans in 2014 and, sadly, it is even more relevant today. Shocking, riveting, and beautiful at once, it's a don't-miss. Through October 13th. Several panel discussions are scheduled for September, [click here for the calendar and more info.](#)



### Sea Slim Flex Plan

Our **trusted nutritionists at Sea Slim** (formerly known as POP Weight Loss) are offering a manageable plan for fall. The Flex option comes in two packages with either 5 visits or 10. Included in each is a meal plan and rather than weekly appointments, the client has the flexibility of coming in whenever they want or can. So, if

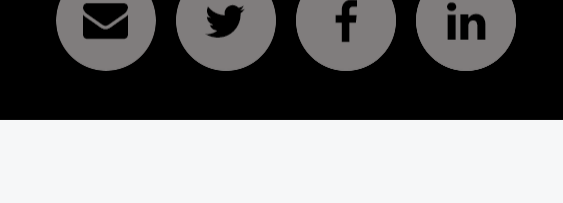
you've been leery of the weekly commitments that nutrition based programs require, this might be the plan for you.

Get Slim

Looking for something to do? Find cooking classes, house tours, chowder festivals and more on the e-list events calendar:

GET THE CALENDAR

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