

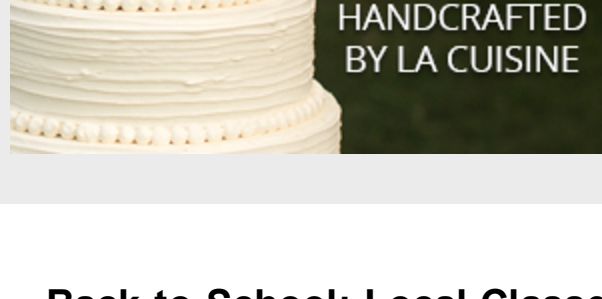
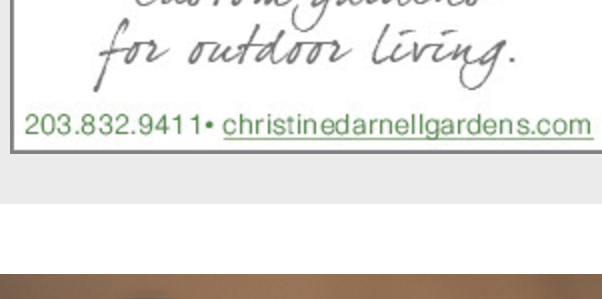
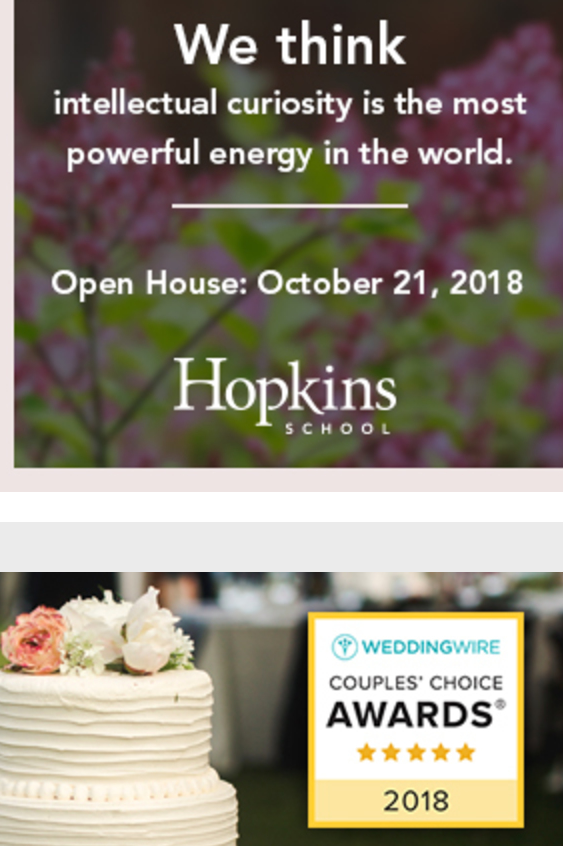
the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

CALENDAR DEALS EAT SHOP TRAVEL TOWN GUIDES

A giant THANK YOU to all of you who so kindly completed our Teeny Tiny Questionnaire. You've filled me with wonderful ideas and inspiration for 2019 (A book group? Facebook group? Social media class?) and it's so interesting to find out what you really like and don't about The E List (I'm so sorry to whoever said "stop stuffing NYC down our throats" because there is an article about DUMBO on the way). But mainly it was lovely to hear how many of you look forward to this missive and how it helps you figure out your life on the Shoreline. It's not too late to throw in your two cents; just click through to our questionnaire at the link at the bottom of this page. love, Erica

p.s. for the book group folks: I had two MEMORABLE reads during my vacation (and quite a few whose titles are already gone forever): *Stay With Me* by Ayobami Adebayo: an alarming portrait of a Nigerian marriage; and *Trick*, a slim and haunting novel by Domenico Starnone, elegantly translated by Jhumpa Lahiri.

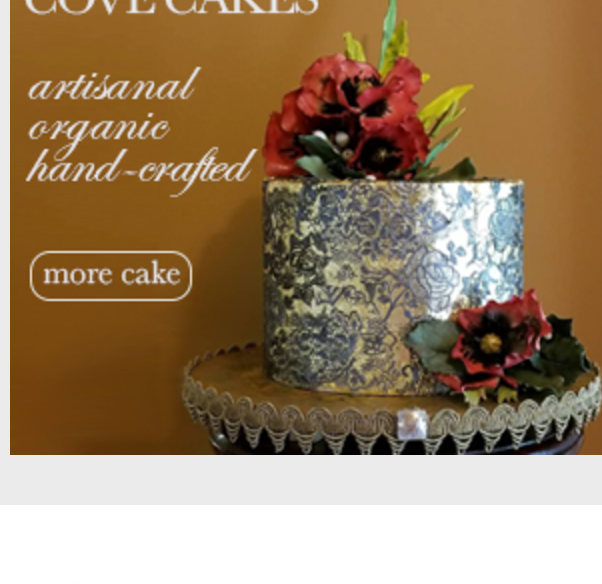


Back-to-School: Local Classes for Adults

No matter what your current frame of mind is concerning facebook, it's great for two things: birthdays and back-to-school. My daughter is all grown up and for the first time NOT heading back, but I love to see my friends' kids dolled up in first-day outfits, with that excited, yet slightly reluctant look on

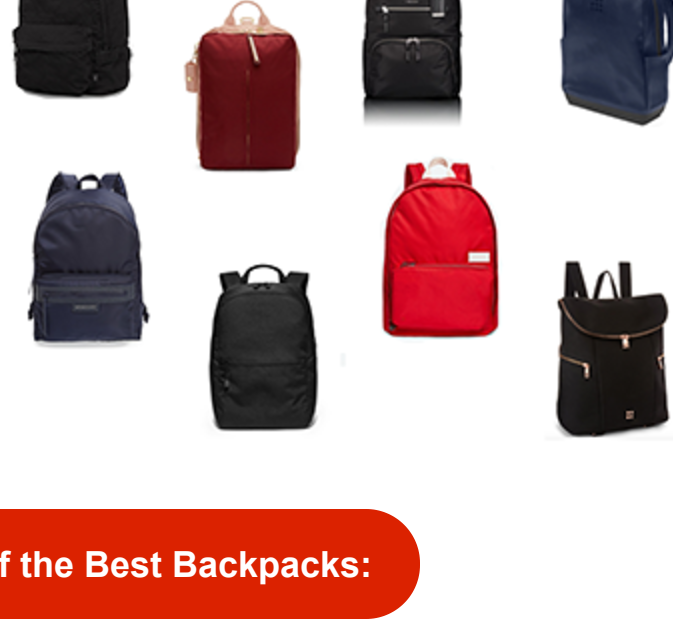
their fresh faces. I like to head...

[See Classes for Adults](#)

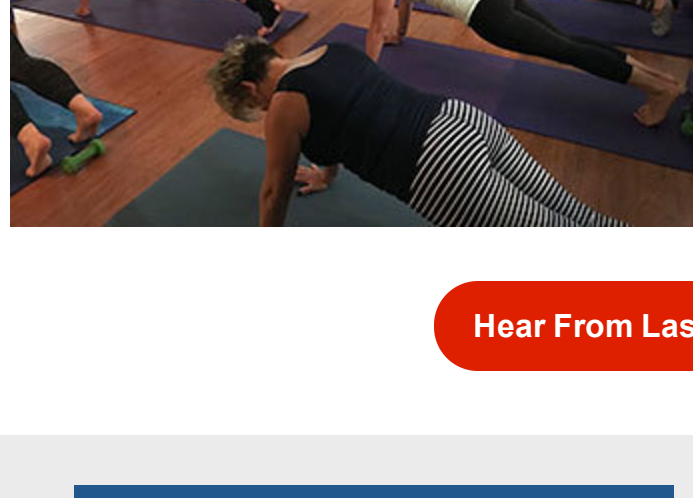
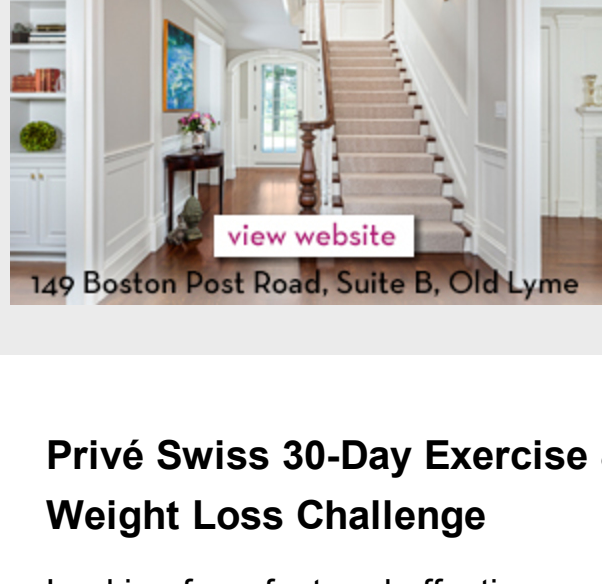


Best Backpacks for Grownups

Not just for kids! Since my shoulder surgery in March, I've been using my travel backpack as an everyday bag if I need to lug my laptop. It's lightweight nylon with plenty of pockets for all the daily essentials, plus a laptop sleeve. I may never go back...



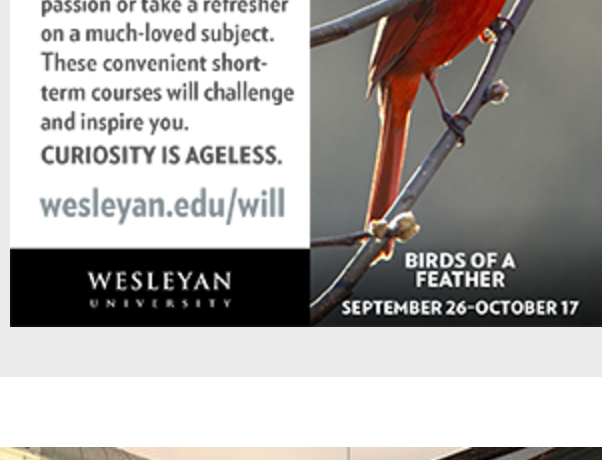
[Here's a Round-Up of the Best Backpacks:](#)



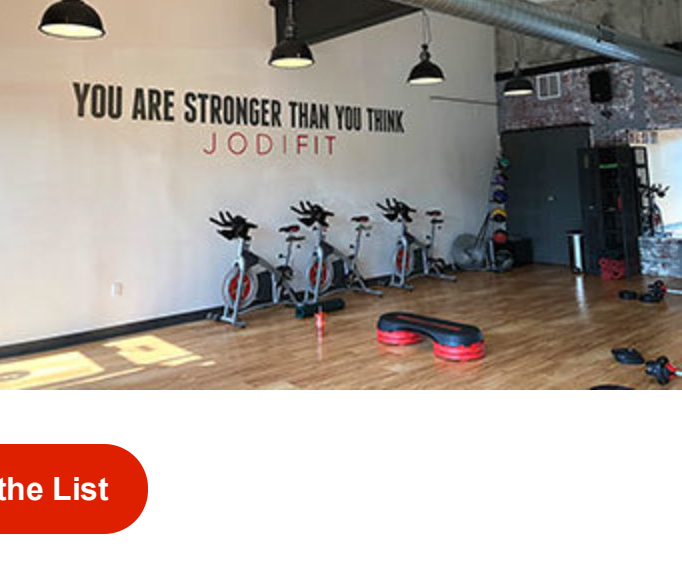
Privé Swiss 30-Day Exercise & Weight Loss Challenge

Looking for a fast and effective way to get fit for fall? Privé Swiss is offering another 30-Day Exercise and Weight Loss Challenge. The program includes unlimited fitness and yoga classes and counseling with functional medical nutritionist Brigitta Jansen. You'll...

[Hear From Last Year's Winner](#)



In case you missed it, here's our list of genius gyms...



[Read the List](#)

Sponsored Post



The Marketplace After Dark

The Marketplace After Dark is a unique place for your next event. From holiday parties to birthday parties, weddings to rehearsal dinners, fundraisers to community outreach; their special setting and superb food have been making memories for years.

The Marketplace can host up to 85 guests for a cocktail party and up to 65 guests for a four-course sit-down dinner. Choose from the existing menus or let their catering staff customize a menu for your event. Their bartenders can enhance your event with their beer and wine or full bar packages. They love to create specialty drinks for the occasion.

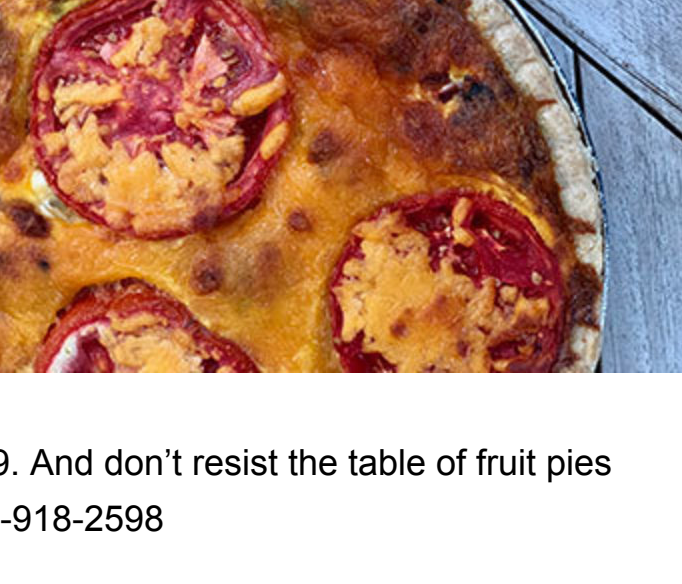
Located on the Guilford Green, The Marketplace has a special ambiance from the antique beverage bar to the mosaics on the walls from the original building. At night, their subtle lighting changes the Marketplace to the right spot for your next event. Contact catering@themarketplaceguilford.com.

[Learn More](#)

p.s. from Erica

Tomato Pie at Maynard's Farm Market, Old Saybrook

Can you imagine a more perfect dish to celebrate the end of summer and all its deliciousness than a blend of eggs, cheese, fresh corn, and bright tomatoes in a pastry crust? Ummm, no. A warmed slice and a green salad and you've got dinner. Head straight over to Maynard's at 1057 Boston Post Road in Old Saybrook and pick one up for \$19.99. And don't resist the table of fruit pies while you're there. Open til Halloween. 860-918-2598



Take our teeny questionnaire here and just for filling it out (2 minutes!), we'll enter your name in a drawing for \$100 Gift Certificate to River Tavern.

Looking for something to do? Find corn mazes, regattas, wine festivals, and more on the-e-list events calendar:

[GET THE CALENDAR](#)

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