

Wow. I've been walking around like a zombie for a week now. But it's time to snap out of it, because THIS, staying home with a freezer full of food and an extremely limited supply of toilet paper and hand sanitizer, is the new normal. Every time I try to get my head around the fact that BOTH my businesses are curtailed at least for the short term, I start panicking. How to pay my employees, bills, overhead? And

why am I panicking over that vs. the **reality that my family, friends, even I could become ill or worse?**

For lots of us, it's easier to deal with the almost-worst-case-scenario than the absolute-worst-case-scenario. Like you, I've been glued to every trickle of news and every new case in Connecticut. Now that I've mired myself in gloom and doom for a few weeks, it's time to snap out of it. Watching CNN twenty-four hours a day is making things worse. (Although I have a total crush on Sanjay Gupta, don't you??) THIS IS LIFE.

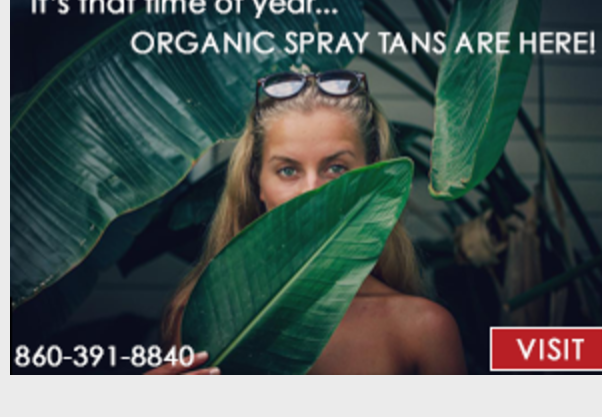
We can pass the time at home in any number of ways, thanks to Netflix, Kindles, face-time, webinars, and board games. I function best with a schedule. Mine includes jumping on my elliptical, working for a few hours, taking the dog for a walk, working some more, mastering something on Skillshare (www.skillshare.com), and trying a new recipe for dinner. Maybe it's time to finally learn Photoshop. Or even return to the book I started to write twelve years ago. This is a new normal I can get my mind around.

Many of us are so fortunate to have a comfortable home and a well-stocked fridge. I'd like to help feed folks in our community that will suffer from the temporary closing of the Shoreline Soup Kitchen meal sites. The Soup Kitchen is still supplying groceries to families in need through their pantries, so it is a perfect time to help. [Click here to donate.](#)

We will continue to write The E List, although much of the stuff we keep you up to date with is closed or canceled. If you have important news that will affect our community (our subscribers live mainly from Branford to Stonington), please send it to me (erica@theelist.com) and I will help spread the word.

Let's all stay home unless it's an emergency. Flatten the curve. Stay safe and healthy.

Love,
Erica



TAKE OUT: Vincitori Apizza, Neapolitan Pizza in Niantic

We are already big fans of this sunny new pizza shop on Niantic's Main Street. No better time than now to order a few steamy sourdough pies for take-out...

[More Pizza](#)

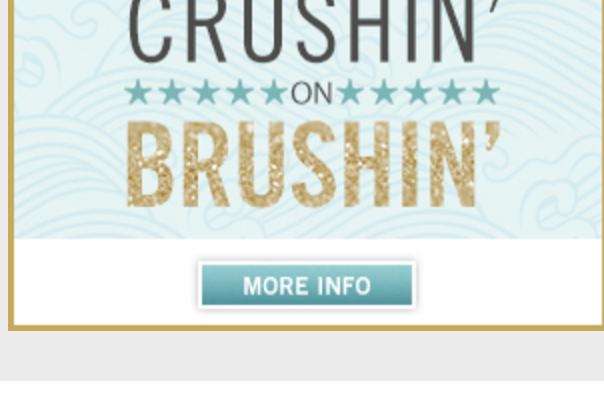
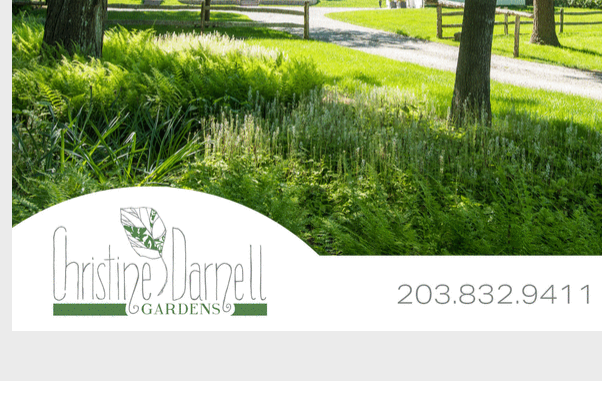


Cheeky Books at Grace in Niantic

As is the case with most small businesses, our friends at Grace are operating with creativity - online and via phone. We spied a collection of hilarious books there recently...



[See More Books](#)

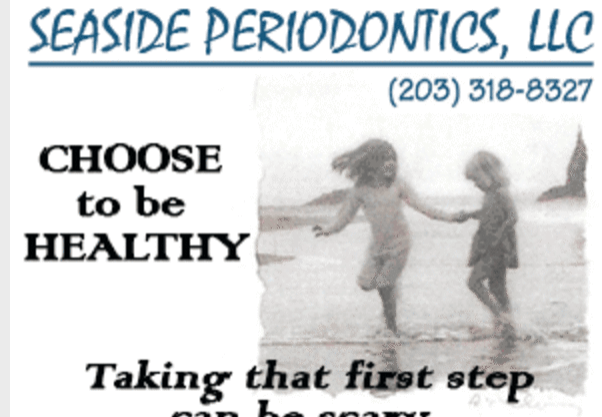


Keeping Everyone Safe While Preparing Meals, by Chef Keith Urbowicz for Privé Swiss Wellness

Following a proper routine while cooking in a kitchen can mitigate any risk you may have of spreading unwanted germs to your friends, family, and clients...



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For the safety and health of our team and our customers during this crisis, we have temporarily closed our shop in Chester. We will move forward online for those looking for a pick-me-up. We are happy to work over the phone or by email, too, if you have questions or would like us to put together an outfit. 860.322.3388, or shop@theelist.com

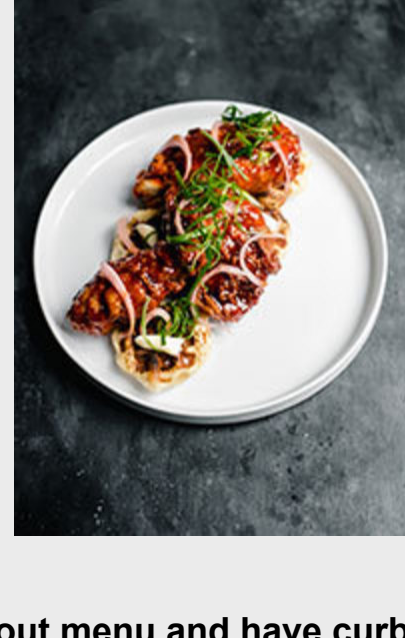
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A Fresh Take on Takeout: The Essex Market

The genius team behind The Essex & Los Charros Cantina are launching **The Essex Market**, a prepared-food focused marketplace filled with tempting to-go, featuring the flavors of Mexico, Italy, and Asia, plus a section of Healthy Alternatives (not an easy thing to find around here)! You'll be able to stop in and grab dinner (through a new door in the rear parking lot) that will suit the entire family, whether they're hankering for enchiladas or a night of clean eating.

Now, you can order directly from their new take-out menu and have curbside pickup. (I heartily recommend the Korean Fried Chicken and Waffles!). See the menu at theessexmarket.com.

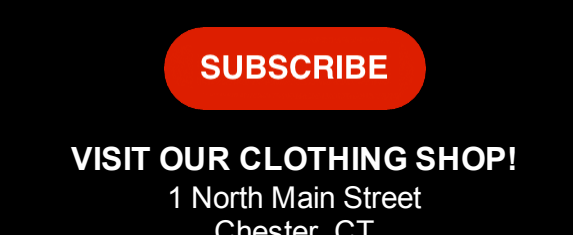
[Visit The Essex](#)

p.s. from Erica

Here's an informative article by local pediatrician, Elizabeth Bird, MD, FAAP: [COVID-19: Preserving Your Family's Health and Sanity in the Face of a Pandemic](#)

Dr. Bird is currently offering telehealth through her practice, River Valley Pediatrics, and not turning anyone down for inability to pay or lack of insurance coverage. [Visit her website for more info.](#)

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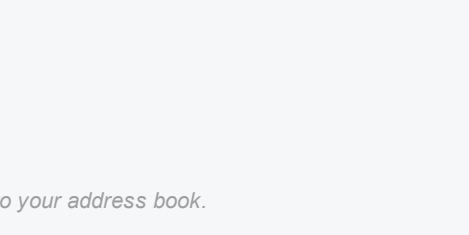
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